

# Strategy for Emotional Wellbeing and Mental Health

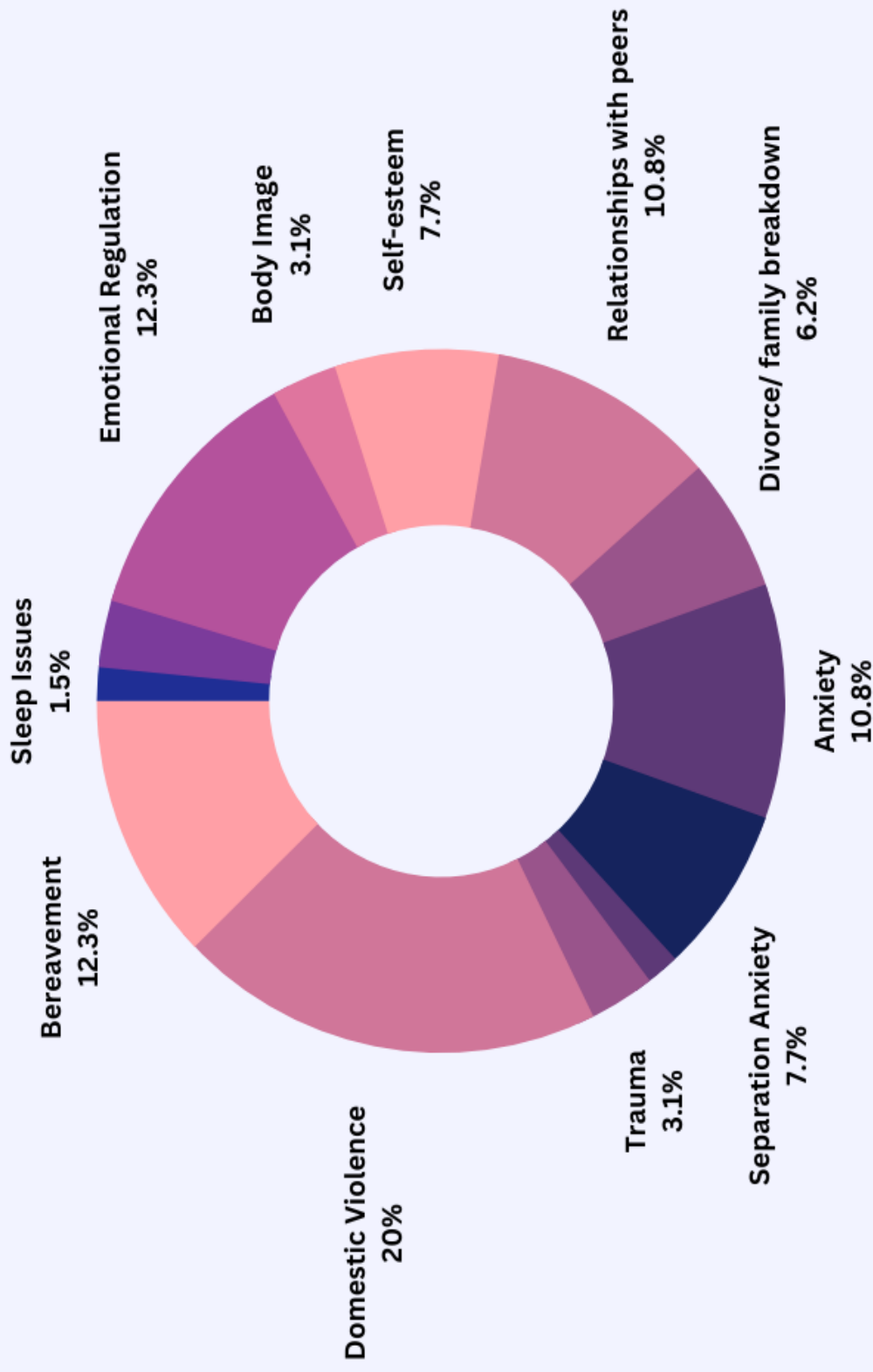
**'Learning for life'** with Jesus' promise of 'life in all its fullness' is at the heart of St Mary's.

At our school, children are seen as unique and will feel loved, safe and empowered to flourish do they reach their full potential both academically and personally.



At St Mary's, we understand wellbeing as a state of being comfortable, healthy and happy. Our strategy for emotional wellbeing and mental health is that all members of our school community have access to support needed in a timely way.

# Emotional Wellbeing and Mental Health Risk Factors at St Mary's





## Children

### Wave One: All Children

Daily support from class teacher and support staff

Methods of communication with class teacher about worries e.g. worry boxes

Zones of Regulation      Behaviour Policy      Daily PSHE

Progressive PSHE curriculum      Daily mindfulness

Tranquillity Garden      Opportunities for pupil voice

Meeka, our school wellbeing dog

CPOMS      Nurture in Nature Curriculum      Daily reflection

Pupil Voice groups (for example, Junior Leaders and Collective Crew)

### Wave Two: Identified Groups

Cool Carers      Nurture Club

Group sessions with Home School Link Worker

Group therapy session e.g. Lego Therapy      Targeted intervention with SLT

Group ELSA sessions      Woodland Buddies lunchtime club

Sensory Room

HSLW Support through school website and weekly bulletins

### Wave Three: Specialist Support

1:1 Home School Link Worker support

Play Therapy      Counselling      1:1 ELSA sessions

Matthew Hackney counselling      Your Sanctuary targeted support

Support from Designated Safeguarding Leads

Support from School Nurse      CAMHS support



### Play Therapy

Play Therapy is a type of therapy where play and art materials are used as the main way for children to express themselves. It can help children to express themselves, especially if they are struggling to understand how they are feeling, or are finding it hard to put their experiences into words.

Jeremy, our Play Therapist, visits us once a week and works with identified children. If you think your child would benefit from Play Therapy, please contact Mrs Harding or Mrs Merrick via the school office.

### Nurture Club

Nurture Club happens every lunchtime with Mrs Cutts. The activities are tailored to the children and focus on building self-esteem and happy friendships.

### Cool Carers

Cool Carers is our Young Carer club. It happens every Thursday lunchtime and is led by Mrs Merrick, our Home School Link Worker.

### Home School Link Worker

Our Home School Link Worker supports children, parents and families with a wide range of issues. This includes but is not limited to:

- 1:1 and small group work with children tailored to their needs.
- Support with issues such as toileting, bedtime and routines.
- Support with school attendance.
- Liaison with charities and other services such as CAMHS.

For more information: <https://www.stmarys-byfleet.surrey.sch.uk/page/?title=Home+School+Link+Worker&pid=104>

### Lego Therapy

All of our support staff are trained in delivering Lego Therapy.

Lego Therapy promotes social interaction, turn-taking, sharing and collaborative problem-solving



### Counselling

Counselling is a talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues.

We have our own counsellor, Mr Trestain who works with identified children over two days each week. We also access counselling services through the Matthew Hackney Foundation.

If you think your children would benefit from counselling, please contact Mrs Harding or Mrs Merrick via the school office.

### Wellbeing and Pastoral Support



### St Mary's Church of England Primary School

### Meeka the Dog



Meeka is our wellbeing dog. She loves being read to and listening to stories.

She spends her days in Mrs Chambers' office and is always around to cheer the children of St Mary's up!

### ELSA

We recognise that children learn better and are happier in school if their emotional needs are being met. Our ELSA's (Emotional Literacy Support Assistant) role is to support children and young people in school to understand and regulate their own emotions whilst also respecting the feelings of those around them.

Our ELSA can help children with:

- Managing feelings
- Managing friendships
- Bereavement
- Anxiety
- And much more!



Marvellous Mondays

Wellbeing Hours

Wellbeing as part of performance appraisal

Days in lieu for running clubs and residential trips

Regular CPD

## **How is staff emotional wellbeing and mental health supported at St Mary's?**

No contact outside of working hours unless absolutely necessary

Open-door policy for sharing emotional wellbeing and mental health concerns

Reduced workload where possible for example, reduced data points and no expectation for written planning

Employee Assistance Programme

Regular opportunities for staff feedback e.g. surveys

Occupational Health

Release time for leadership



## Emotional Wellbeing and Mental Health Provision for Children and Families



### Parents, Carers and Families

At St Mary's, we are able to support the emotional wellbeing and mental health needs of our children and families in a variety of ways. This document shows examples of the support we can put in place.

Area of Need	Home	School	Safeguarding
Provisional Methods of Support	Parenting support, Bereavement, Change in Family Circumstances, Young Carer Support	Anxiety, Friendships, Social Issues, Low Self-esteem	Trauma, Domestic Violence
	Home School Link Worker	Bespoke support from Class Teacher	Support from Designated Safeguarding Leads (DSLs)
	ELSA	ELSA	Communication with Children's Services
	Early Years Support e.g. <a href="#">Home Start</a>	Zones of Regulation	Referral to <a href="#">Your Sanctuary</a>
Cool Carers Club	Nurture in Nature	Matthew Hackney Counselling	
School-led Team Around the Family	Play Therapy	Play Therapy	
School Nurse	Cool Carers	School Counselling	
Matthew Hackney Counselling	Home School Link Worker		
School Counselling	Lego Therapy		
Food Bank Vouchers	Nurture Club		
Byfleet United Charities	Woodland Buddies		

Every child and family is different and will need their support tailored to their individual needs. For more information about the support we can offer, please contact a member of the Senior Leadership Team on [info@stmarys-byfleet.surrey.sch.uk](mailto:info@stmarys-byfleet.surrey.sch.uk)



# CHANGE TEAM



If you have any questions, comments or suggestions about staff wellbeing, come and find one of us!



## What does the Change Team do?

- Evaluate staff, pupil and parent feedback about emotional wellbeing and mental health.
- Evaluate the effectiveness of emotional wellbeing and mental health provision in the school.
- Carry out pupil voice.
- Support with policy writing and changes.
- A range of staff groups are represented (SLT, teachers, HSLW, support staff) so views from all groups can be shared and listened to.