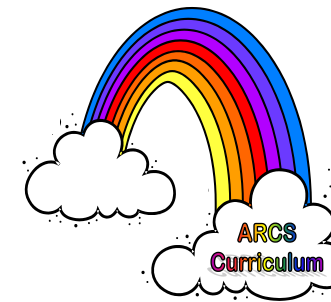


- Use of positive/growth mind sets - helping children and parents to understand how the brain works
- The Evelyn Glennie room is a resource base for support and intervention work. Specialist Teaching Assistants also have their own resource base
- 'Worry' boxes around school, for pupils to share their concerns or issues
- Posters that advise children what to do if they are feeling alone, unsafe, threatened or sad
- Booklets, advice (eg on newsletter) and presentations to parents and families regarding wellbeing and mental health
- Each class supports a nominated charity for a half term. The school also supports local, national and an international charity in Uganda
- Buddy system - children in Year 6 are teamed with partners from Reception class to support transition
- Playground Friends are trained to work with children to support play and mediate problems
- Forest School visits - every class benefits from Forest School activities throughout the year
- Philosophy/Reflection garden - a tranquil place to reflect
- Use of Social Stories to enable more vulnerable children to feel secure in their setting



Evelyn C.P. School

'Wellbeing and Mental Health'

By Mrs D. Murray



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'Inspiring minds - striving for excellence - nurturing dreams'

'Having a sense of wellbeing involves a balance between both physical and emotional states. It ensures that each individual feels comfortable and capable in their environment, with opportunities for stimulation as well as relaxation.'

At Evelyn CP School, we are committed to the well being and mental health of children, staff, parents, governors and the community.

We have a Wellbeing Policy in place, which is available from the school office. If you require any further information or have concerns or queries regarding wellbeing and mental health, please contact Mrs Arnold, Mrs Leppard or Ms Duffin.

Ms Duffin is the Wellbeing Counsellor and she works to support children on a wide range of issues including attendance, attitudes to school and mental health, as well as areas of need raised from the PASS survey.

There is a Wellbeing Change Team (the 'Smile' team) consisting of teaching and non-teaching staff, governors and children. They meet to review current work and promote initiatives across the school.

We have a Reflective Supervision Team, consisting of relevant staff, who meet regularly to highlight vulnerable children within school and identify relevant interventions.

As part of our SEND provision and Early Help, pupils who have been identified as having social, emotional and mental health difficulties receive additional support and intervention from external agencies and other professionals.

Examples of initiatives we have implemented:

- PASS survey - Pupil Attitude to Self and School. This is completed by all children twice a year and results are analysed and acted upon
- 'Bliss' areas throughout the school. There is also a multi-sensory area for specialist T.A.s to utilise
- A wide range of music to calm, relax, invigorate, cheer and enhance learning
- Peace and Harmony sessions for every child each term. These include Philosophy for Children, Relax Kids and PSHCE discussions
- Brain Gym and Mindfulness activities
- Exam preparation techniques
- High 5 groups - every child in Key Stage 2 is part of a High 5 group, led by their Adult Advocate. This is an opportunity for interactive group work and discussion. Their Adult Advocate acts as another point of contact for the child throughout the year
- Keys to Happiness - each class has a 'Key to Happiness' to reflect on and develop during the year
- A 'Health and Happiness' objective as part of individual target setting
- Lunchtime and after-school clubs - there are a wide range of activities available to accommodate different age groups and interests, including the school choir
- A variety of assemblies and Radio Evelyn programmes throughout the year to inform and enforce positive messages