Beckers Green Primary School

Mental Health and Wellbeing Strategy

**Why do we need a wellbeing and mental health strategy?**

Beckers Green Primary School is an inclusive setting where mental health and wellbeing promotes school success and improvements by:

* Promoting positive mental and emotional wellbeing by providing information and support
* Creating a shared understanding of all aspects of mental health
* Enabling those with mental health related issues to self-disclose and seek support in a safe and confidential manner
* Offering guidance and strategies, along with the support of Mental Health First Aiders, to support pupils and staff to be mentally healthy.
* Creating a culture to support and maintain positive mental health and wellbeing.

At Beckers Green Primary School, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody’s business and that we all have a role to play.  **At our school we:**

* help children to understand their emotions and feelings better
* help children feel comfortable sharing any concerns or worries
* help children socially to form and maintain relationships
* promote self-esteem and ensure children know that they count
* encourage children to be confident and ‘dare to be different’
* help children to develop emotional resilience and to manage setbacks

**We offer different levels of support:**

**Universal Support**- To meet the needs of all our pupils through our overall ethos and our wider curriculum, including PSHE for which we follow the Jigsaw scheme. This includes a whole school focus on the Zones of Regulation, identifying and regulating emotions initially with support and then independently.

**Additional support**- For those who may have short term needs and those who may have been made vulnerable by life experiences such as bereavement. This could include short term support from a mentor or we may refer to outside agencies for this e.g. The Yoyo Project.

**Targeted support**-  For pupils who need more differentiated support and resources or specific targeted interventions such as wellbeing groups or personal mentors. This could also include additional time in our Outdoor Learning Areas or time in our sensory room and well-being workshop.

**Lead staff members:** Wendy Dunne and Sue Brown: Mental Health and Emotional Wellbeing Lead and accredited Mental Health First Aiders