



St White's Primary School Social, Emotional and Mental Health Support Statement

There is much greater awareness and recognition that the health and wellbeing of children is equally as important as physical health and wellbeing. Over the past few years there has been an increasing acknowledgement of the need to make improvements to mental health services for children and young people (CYP). To date, this has resulted in the government investing more readily in these services but there is still much to do.



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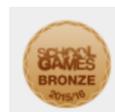
The Mental Health Foundation explains that '*most children grow up mentally healthy, but surveys suggest that more children and young people have problems with their mental health today than 30 years ago.*' They explain this is probably because of changes in the way we live now and how that affects the experience of growing up. Their statement can be viewed at <https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people>

With one in ten children and young people between the ages of 5 and 16 being diagnosed with a clinical mental health disorder and around one in seven suffering from less severe mental health problems, schools are playing an increasingly important role in providing early help for children and also their families. It is for this reason that St White's is highly committed to promoting and protecting the mental health and wellbeing of all our pupils.

The school has a dedicated Family Support Worker and Inclusion Team, who work closely together to provide the support that our children and families need. We know that it is very important for children to feel part of a family that gets along well most of the time; equally, when families are not getting along so well, this can have a negative impact on children's mental health. When more complex issues arise, the team engages the support of specialist services, who are able to offer advice and practical help.

The school has also crafted its curriculum carefully so that it includes opportunities for our children to learn about ways that they keep mentally well. The programmes focus on children learning to:

- Learn and experience success





- Gain the strength to cope when something is wrong (resilience) and develop the ability to solve problems so that they experience a sense of hope and optimism
- Accept who they are and recognise what they are good at
- Feel they have some control over their own life
- Develop their physical health, eat a balanced diet and get regular exercise
- Take advantage of free play time, both in and out of doors, to explore and socialise
- Develop a sense of belonging both in their in their family, at school and also in their community
- Feel loved, trusted, understood, valued and safe

The school's PSHE and Safeguarding Curriculum, is extensive and has promoted a range of projects that have included:

- Keeping Safe Online
- The NSPCC's The underwear rule PANTS,
- Road Safety
- Anti-bullying and much more.

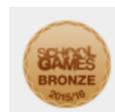


The school has also provided tailored interventions to suit the needs of individual groups of pupils or specific classes that have included:

- PALS (playing and learning to socialise programme)
- Lego Mood Monsters
- Make me a Superhero
- Nurture and Positive Touch
- The OAKS Challenge
- The Dove Body Image Campaign
- Anger Management
- Counting Sleep and
- Facts 4 Life



Our Key Stage 2 children follow a programme developed by Belinda Heaven, who is the lead consultant (in Gloucestershire?) for Emotional Health and Well-being. Belinda is





St White's Primary School



Challenge, Commit, Conquer and Celebrate

now a member of the National Training team for the Mental Health First Aid England. Members of our school staff also have had a range of training in specific mental health programmes. Most recently The Facts 4 Life team came in to school to train Staff and governors in their new Mental Health Programme. Their book, The Mental Health Handbook for Primary Schools-Raising Awareness of Mental Health Issues and How to Deal With Them, (It is unclear what these last two sentences mean.)

The GHLL's (Gloucestershire Healthy Living and Learning) PiNK curriculum <https://www.ghll.org.uk/pink-safeguarding-curriculum/> has provided the school with a wealth of resources and training that has enabled us to ensure we are helping our young people to develop the necessary skills and knowledge that they need to lead a happy, safe, healthy life.

The school is due to complete the GHLL's Mental Health Champions Award this year, giving us the opportunity to showcase the good practice of mental health evident in school for both children and staff. It will also help us to identify areas in our provision that would benefit from further development.

Below are some very useful links for Young Peoples' Mental Health and Well-being.

Young People's Mental Health Website

www.onyourmindglos.nhs.uk is a website to help young people in Gloucestershire cope with life's ups and downs. It includes self-help information on a number of common issues, it also signposts to a wide range of local services to support young people's mental health in Gloucestershire.

Child Line

<https://www.childline.org.uk/>

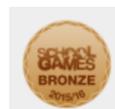
Get help and advice about a wide range of issues, call them on 0800 1111, talk to a counsellor online, send **Childline** an email or post on the message boards.

Place 2 Be

Place2Be is a national charity providing emotional support to children in schools. They have grown from 5 schools in London to 282 schools nationwide.

<https://www.place2be.org.uk/>

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