



At Brandesburton 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 achieve their 'own person best'
- 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 ethos and our wider curriculum.

**Additional support-** For those who may have short term needs and those who may have been made vulnerable by life experiences such as bereavement.

**Targeted support-** For pupils who need more differentiated support and resources or specific targeted interventions such as wellbeing groups or personal mentors.

There are 5 ways to support well-being.

**The 5 Ways to Well-Being:**

1. To connect
2. To keep learning
3. To be active
4. To take notice
5. To give

Why not ask your child about the five ways, do they have a favourite, what works well for them?



There are many ways to define wellbeing, and that is a discussion in itself. The World Health Organisation refers to mental health as: “a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

#### Our Role

Over the course of their education, children spend over 7,800 hours at school. With such a huge amount of time spent in the classroom, schools provide an ideal environment for promoting good emotional wellbeing and identifying early behaviour changes and signs of mental distress.

The social and emotional skills, knowledge and behaviours that young people learn in the classroom can help them to build resilience and set the pattern for how they will manage their mental health throughout their lives.

Evidence shows that mental health and wellbeing programmes in schools, can lead to significant improvements in children’s mental health, and social and emotional skills.

#### Useful links

Dealing with anxiety - <https://tutorful.co.uk/guides/the-expert-guide-to-help-your-child-with-anxiety>

Young minds parents’ survival guide - <https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>

Anna Freud National Centre for Children and Families - <https://www.annafreud.org/parents/>

<https://youngminds.org.uk/resources/school-resources/find-your-feet-transition-tips-for-parents/>