

Wellbeing



UNCRC Article 24: I have the right to such protection and care as is necessary for their well-being.

All staff take responsibility to support the well-being of our children, but if additional support is required then teachers, Josie Fernandes, our SENCO, Mr Mills and Miss Hammond will be able to signpost parents and carers to additional support services.

As a rights-respecting school, we teach our children about their right to mental health support. Our PSHE lessons teach our children how to support their mental health. We support our children to develop their emotional literacy and regulation by teaching and embedding the Zones of Regulation and The Decider Skills. You can read more about these programs in our Positive Behaviour Policy.

Some of our children may require additional help to support their well-being and mental health. In school, we provide additional support through our ELSA, Miss O'Connor. ELSAs are trained emotional literacy support assistants who work with our children to offer well-being sessions focusing on one or more of the following aspects:

1. Social skills
2. Friendships and relationships
3. Anger management
4. Loss and change
5. Self-Esteem
6. Emotions

Additionally, we offer Forest School and Nurture Groups with a focus on creativity and outdoor learning.

Our children may also receive mental health and well-being support from CAMHS, Linda Loftsdottir from the CAMHS Early Intervention Service, and Nicola Benge from the Well-being Team.

All staff take responsibility to support the well-being of our children, but if additional support is required then teachers, Josie Fernandes, our SENCO, Mr Mills and Miss Hammond will be able to signpost parents and carers to additional support services.