

MENTAL HEALTH & EMOTIONAL WELLBEING

How do we support Mental Health & Emotional Wellbeing at St. Andrew's C.E. Infants' School?

- **Whole School Provision:** This is the foundation for our mental health and emotional wellbeing. Children learn about mental health and emotional wellbeing as part of their Personal, Social and Health Education (PHSE)
- **Mental Health Worships and Mental Health Days** are organised to promote and celebrate good mental health for all.
- **Low Level Need:** Children can identify how they are feeling throughout the day by using the Areas of Self-Regulation. As a school, we develop emotional literacy by encouraging the children to name, recognise, monitor and regulate their emotions. All staff have received information to help them identify when a child may need some additional support.
- **Medium Level Need:** Children who may be experiencing mental health and emotional wellbeing difficulties receive individualised support. There are lots of ways we can support children in school, ranging from a feelings box in the library, regular drop ins to check how child is doing throughout the day, a simple chat, organising a playtime buddy to a series of individual or group sessions with a trained staff member, i.e., Our DSL team - Mrs Whitlock SENDCO, Mrs Meakins Headteacher, Mr Crossinggum Deputy Headteacher, Mrs Weston DSL.
- **High Level Need:** Occasionally, some children may benefit from expert mental health professionals. We can help families to access this support and work with external agencies as best we can.