

Little Bloxwich C of E VC Primary School



Our Vision

All things are possible with God.

Matthew 19-26

At Little Bloxwich Church of England Primary School we see that everyone is unique and they are valued for this. Together we flourish socially, spiritually, emotionally and academically. We are part of God's family and everyone is expected to treat each other with kindness and respect as Jesus taught us to.

Pupil Wellbeing Policy

September 2024

To be reviewed: Annually

At Little Bloxwich Primary School, we are committed to supporting the emotional health and wellbeing of all our pupils. We know that everyone experiences life challenges that make us vulnerable, and at times anyone may need additional emotional support. We take the view that good mental health is everyone's business and that we all have a role to play.

At our school, we:

- Help children to learn the importance of good mental health alongside good physical health.
- Help children learn about emotions and feel comfortable sharing any concerns or worries.
- Help children develop emotional resilience and know where to seek support, when needed.

Emotion Coaching:

When a child is distressed or is acting in an inappropriate way we use a strategy that is called emotion coaching, this is a system that uses a high level of empathy and high level of guidance.

Step 1

- recognise and name the feeling that the child is experiencing. I can see that you are.....
- make a connection with the child and allow them a short time to calm down if it is needed, find out why they feel this way.

Step 2

-explain what about the behaviour is unacceptable and give clear direction that this is not how we behave at school.

Step 3

-discuss with the child how we make this situation better and how next time he/she can behave differently.

We offer different levels of support:

Universal Support - to meet the needs of all our pupils through our overall Christian ethos and our wider curriculum.

Support - For children who may have short term needs and those who may have been made vulnerable by life experiences, such as bereavement. We promote local and national services via our school website.

In-school Targeted Support - For pupils who need more differentiated support and resources or specific targeted interventions such as ELSA and wellbeing group

Referrals to outside agencies - for example School Nurse Service, Reflexions and Child and Adolescent Mental Health Service (CAMHS).

Tools we may use to identify and support:

-Mental Health First Aide Assessment by Mrs Taylor or Mrs Robinson (Mental Health First Aiders).

-Strengths and Difficulties Questionnaire (SDQs). These are used to identify the level of need and measure the impact of intervention.

-Boxall Profiling; used to enable teachers to plan focused intervention and support activities.

-My Star, Early Help Assessment Tool; setting goals with individual children to support key areas of a child's life such as feelings and behaviour, education and learning, being safe, where you live, physical health, relationships, friends, confidence and self-esteem.

-Drawing and Talking; gentle, non-intrusive method of supporting individual children's emotional needs.

- ELSA - 1-1 or group work to support emotional literacy

All wellbeing interventions are discussed with parents/carers and consent agreed before being delivered to pupils.

Lead staff members:

Mrs Taylor: Head Teacher and school Mental Health First Aider

Mrs Robinson: Parent Support Advisor and school ELSA

Mrs Smith: SENCO

Mrs McCarthy:

Signed:..... Mrs Taylor, Head Teacher

Date:.....

Signed:.....,

Date:.....

Governor for Well Being

