

- Toast in the morning - not hungry so ready to learn.
- Vocabulary focus - widening language skills so able to express.
- In class worry boxes
- Encouraging secure attachments with trusted adults
- Developing communication skills
- Humour and positive attitudes
- Celebrating achievements, no matter how small.
- Developing and encouraging skills to reflect on feelings and behaviours
- Cooking, outside learning, extracurricular activities and experiences, Visits, visitors, trips
- Safeguarding email
- Fairshare -trying new food, food available to eat
- Assemblies - resilience, mental health, emotional wellbeing, celebration, anti-bullying
- Policy development e.g. anti-bullying, wellbeing, SEND
- PHSE and RSE curriculum
- Positive classroom and behaviour management - a safe environment.
- Sense of belonging and a knowledge that everyone cares.
- P4C - the big questions.
- Early identification
- Emotional first aid
- Transition -in-through-beyond
- Staff check-ins with children
- Morning meet and greets
- Problem solving/Goal setting
- Children and their families are known.
- Message to all - 'It is ok to talk'
- Open door.
- Therapy dog

Emotional health and well-being - Children

What we do:

Most

- Interventions e.g. Music Therapy, Time to Talk (Well Being)
- Lego therapy
- Jobs at break times
- Friendship bench
- Playtime shop
- After school clubs
- Residential
- Therapy dog
- Aspire learning courses with adults
- Red box
- Toiletries
- Reasonable expectations
- Developing resilience skills
- Specific goal setting
- Family support
- Plans and aspirations
- Peer support - Well Being Champions
- Known adults cover duties - available for a 'chat'

Some

- Early help
- New children inducted
- Interventions
- ELSA/Nurture groups
- Soc Com and LBAT support
- Morning club
- Trained peer mediators
- Leadership roles
- Ambassadors
- Safeguarding
- Activities outside school/home
- School Council
- Wellbeing Champions
- EBSA support
- Regular check ins by staff members.
- Forest Schools - 1-1/small group.

Few

- CAMHS
- CDC
- EHCP
- MHST
- Educational Psychology Service - Community Call Back
- Community Mental Health Liaison Service

All

- Toast - available
- Heard
- INSET lunch together
- Staff events - wreath making, nights out, colour run
- Fairshare and staff rooms provisions.
- CPD available to all
- Staff Induction
- Clear job descriptions
- Performance Management and mid-year reviews
- Line managers - to discuss concerns/worries
- Open door
- Strong H and Safety
- Developing P4C
- Well-being day
- Policy development and involvement
- Information shared
- Meetings - regular 'how's things? Check in'
- Flu jabs
- TA in each class + SEND
- Policy followed consistently
- Well resourced
- Everyone does their bit
- Emotionally literate
- Proactive leadership
- Reflective leadership
- Genuine interest in staff and who they are
- Pay accurate
- Wellbeing strand to INSET days
- Staff well-being box
- Empathy
- Reasonable demands - allocated PPA time, limits on paperwork
- Initiatives planned inc potential workload
- £5,000 budget to support wellbeing time e.g. Dr's appointments in school time.
- 'Staff Shout Out'- treats for staff.
- Senior Mental Health Lead

Emotional health and well-being - Staff
What we do:

Most

- Planning on server to personalise and not start from scratch
- Core care
- Therapy dog
- Red box
- Peer support
- Plans and aspirations
- Support trips, admin clubs etc.
- Governor teas
- Club days
- E-mails and sales calls managed via office
- Lieu time for parent's evenings
- No blame no stigma culture - fostered and encouraged.
- Supervision for ELSA/Senior Mental Health/Well Being lead.
- Open door chats for those who need it.

Some

- Medical appointments
- Locality support groups
- Staff employed for lunch duties
- Referral to occupational health
- New staff support
- Sign posting to services/support agencies.
- Counselling made available.

Few

- Head teacher support networks
- Mentoring NQTs
- Employee Assistance Programme
- Referrals to Occupational ...

Emotional health and well-being - Families

What we do:

All

- Toast in the mornings
- Heard
- Open door policy
- Policies followed
- Developing strong relationships.
- Parents evenings
- Informed - newsletters
- Sensitive about costs
- Queries resolved
- After school clubs
- Transition support
- Empathy
- Proactive support
- Timely conversations
- Policies followed consistently
- Innovative e.g. Grants, Holiday clubs
- Parents Christmas tea.
- Pop Up food shop

Most

- Aspire learning courses
- Family link worker
- Parents teas
- Facebook solutions

Some

- New parents inducted
- Court orders adhered to
- Raffle prizes
- Offers e.g. swimming
- PP offers
- Trips supported
- No surprises
- SENDCo/Wellbeing appointments to discuss worries or concerns.
- Early Help/Integrated Front Door.
- Support with form filling - DLA
- Enabling families
- Termly Food hampers

Few

- Food parcels
- Signposting to relevant services e.g. My Sister's House, Home start, Parent carers Forum.
- School website - details of organisations who can support mental health and wellbeing.

Wellbeing at BGPS