

**WESTFIELD PRIMARY'S MENTAL HEALTH & WELL-BEING STRATEGY (Pastoral Support):**

<p>Whole school programme: Universal provision</p> <p>Pupils Years R to 6 Staff Parents/carers</p>	<p>Pupils:</p> <ul style="list-style-type: none"> <li>• Learning for Life curriculum / Healthy Schools (Gold award)</li> <li>• Class teachers &amp; LSAs / mental health first aider (HLTA), W-B assistant &amp; Office staff available to pupils</li> <li>• Assembly programme (Positivity, Respect, Diversity, Anti-bullying etc)</li> <li>• PRIDE values</li> <li>• Bubbles – every child has one/mental health display – shining a light on mental health. Access to mental health first aider/WB assistant for every child</li> <li>• Well-being barometers, reflection areas, worry boxes &amp; buckets of happiness in every class</li> <li>• Visual timetable – today &amp; tomorrow</li> <li>• Well-being ambassadors &amp; weekly well-being club</li> <li>• Peer mediators</li> <li>• Apple lunchtime club</li> <li>• Mindfulness club</li> <li>• Drawing and colouring club</li> <li>• Weekly well-being time (5 ways to well-being), each area covered across the year, increasing children’s awareness of what supports their well-being</li> <li>• 100 things to do activity list</li> <li>• Annual well-being week</li> <li>• Well-being &amp; Positive Mental Health Policy – regularly reviewed and amended</li> <li>• Active well-being committee (including chair of governors)</li> <li>• Key workshops/visitors (annual) – motivational workshops (Year 6), road safety, Pedals/Bikeability, annual pantomime, cinema trip, Life Bus, A-Life workshops etc</li> <li>• Marvellous Me</li> <li>• Regular surveys – pupils have their say</li> <li>• E-safety curriculum and parental workshops</li> <li>• Static fitness equipment</li> <li>• Tranquillity Cove – sensory room time</li> <li>• Outdoor space for playing and movement breaks/being active (strong link with mental health)</li> <li>• Marvellous Me app (strong link between home and school)</li> <li>• Happy News – newspaper created for the school community by the well-being ambassadors. Alongside WB ambassadors lead.</li> <li>• Aspirations day (every 2 years) – to help children see what is possible, to aspire to</li> </ul>	<p><b><u>Students involved-</u></b> Well-being ambassadors Peer mediators School council</p> <p><b><u>People involved-</u></b> Class teachers/LSAs Inclusion team – inclusion leader, SENCo, Well-being assistant, mental health first aider (HLTA) Office staff Well-being committee</p>
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	<p>Staff:</p> <ul style="list-style-type: none"> <li>• Staff CPD (including online) – ACEs, trauma, bereavement, attachment, CSE, domestic abuse, mental health</li> <li>• Employees’ assistance</li> <li>• Supervision for identified staff</li> <li>• Termly social &amp; buddy opportunities</li> <li>• Staff well-being barometer &amp; gratitude board</li> <li>• Key policies reviewed (work/life balance)</li> <li>• Active well-being committee (including chair of governors)</li> <li>• Well-being questions in appraisal meetings</li> <li>• No club Wednesdays/Fridays</li> <li>• No marking weeks – the weeks before all holidays</li> <li>• Life events celebrated</li> <li>• Regular sharing of well-being/mental health information – desk yoga, happiness calendar, helpful hints (sleep, being active etc)</li> <li>• Mindfulness/stress management staff meetings</li> <li>• Annual paid well-being day (1/2 day if staff member works mornings only) for all staff</li> <li>• Well-being &amp; Positive Mental Health policy – regularly reviewed and amended</li> <li>• Weekly well-being time (5 ways to well-being)</li> <li>• Staff quiz during annual well-being week</li> <li>• Annual surveys – staff have their say</li> <li>• E-safety - Staff training/updates</li> <li>• Weekly walking club/sporting activities offered</li> <li>• External emails blocked at weekends</li> </ul>	
	<p>Parents/carers:</p> <ul style="list-style-type: none"> <li>• Annual surveys – parents’ voice</li> <li>• E-safety curriculum and parental workshops.</li> <li>• Parental workshops – mindfulness (stepping into school), managing children’s anxiety, Foodwise, Parenting Puzzle, Dealing with ADHD/ASD (Available via Zoom during Covid time.)</li> <li>• Drop off / drop in advice and information service available most days (the Pod) (Via phone call and/or Zoom during Covid time.)</li> <li>• Monthly newsletter – well-being and mental health at Westfield page</li> <li>• Website – well-being and mental health page</li> <li>• Newsletter – online safety page with hints and tips</li> <li>• Marvellous Me (strong link between home and school)</li> <li>• Parents’ well-being events</li> </ul>	

	<ul style="list-style-type: none"> <li>• Foodwise freezer stored at Westfield – ‘home cooked’ ready meals supplied to identified families (all families informed about it)</li> <li>• Food vouchers</li> </ul>	
Tier 2 provision	<p><b>Pupils:</b></p> <ul style="list-style-type: none"> <li>• Bosun – therapy dog, weekly visit. Zoom with Bosun during Covid time (cuddly toy in school during the zoom call)</li> <li>• Weekly bereavement club/support</li> <li>• Young carers club and support</li> <li>• Friendly group/Dragon’s Lair club</li> <li>• Nurture groups, specific to need</li> <li>• Well-being club</li> <li>• Social skills club</li> <li>• Bubbles follow up – time with mental health first aider/W-B assistant</li> <li>• Referral from class teachers – bespoke programme of time with HLTA or W-B assistant</li> <li>• Creative Cove group</li> <li>• Access to specific interventions, for example, Drawing &amp; Talking, Lego Therapy, Emotion Coaching etc</li> <li>• One to one sessions with children around specific needs, e.g anxiety, self-esteem, bereavement, NSPCC PANTS etc</li> </ul> <p><b>Staff:</b></p> <ul style="list-style-type: none"> <li>• Employees assistance</li> <li>• Mentors for all new members of staff (comprehensive induction policy)</li> <li>• Targeted mentoring/support if needed/required</li> </ul> <p><b>Parents/Carers:</b></p> <ul style="list-style-type: none"> <li>• Targeted parent courses/workshops – invitations</li> <li>• In-house workshops – foe example, ASD, positive language, ADHD, managing anxiety</li> </ul>	<p><b>People Involved:-</b> Inclusion team - inclusion leader, SENCo, Well-being assistant, mental health first aider (HLTA)</p> <p>Woking Hospice – bereavement club – weekly sessions Therapy dog and owner CYP Haven</p>
Tier 3 provision	<p><b>Pupils:</b></p> <ul style="list-style-type: none"> <li>• Counselling – Your Sanctuary, Haven, ACT</li> </ul>	Children’s Social Services CAMHS

	<ul style="list-style-type: none"> <li>• Early Help Hub (incl. family support) via Children’s Social Services L3</li> <li>• Children’s Social Services Referral (via DSL)</li> <li>• CAMHS Referral</li> <li>• Specific targeted support for children open to Children Services, linked to identified plans and need</li> </ul>	Your Sanctuary
<p>Staff:</p> <ul style="list-style-type: none"> <li>• OH referral and support</li> </ul>		
<p>Parents/Carers:</p> <ul style="list-style-type: none"> <li>• Drop off/Drop in – referral for parents’ counselling</li> <li>• Signposting to support for debt/housing/relationships/mental health</li> </ul>		