

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



Whole school programme:	Pupils:	<u>Students involved-</u>
Universal provision	<ul style="list-style-type: none"> • Learning for Life curriculum / Healthy Schools (Gold award) • Class teachers & LSAs / mental health first aider (HLTA), W-B assistant & Office staff available to pupils 	Well-being ambassadors
Pupils Years R to 6	<ul style="list-style-type: none"> • Assembly programme (Positivity, Respect, Diversity, Anti-bullying, kindness etc) 	Peer mediators
Staff	<ul style="list-style-type: none"> • PRIDE values • 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 	School council
Parents/carers	<ul style="list-style-type: none"> • Well-being barometers, reflection areas, worry boxes & buckets of happiness in every class • Visual timetable - today & tomorrow • Well-being ambassadors & weekly well-being club • Peer mediators • Anti-bullying pupil ambassadors and anti-bullying champion (Silver anti-bullying charter mark - June 2021) • School council - pupil voice • Apple lunchtime club • Mindfulness club • Drawing and colouring club • 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 • 100 things to do activity list • Annual well-being week • Well-being & Positive Mental Health Policy - regularly reviewed and amended • Active well-being committee (including chair of governors) • Key workshops/visitors (annual) - motivational workshops (Year 6), road safety, Pedals/Bikeability, annual pantomime, cinema trip, Life Bus, A-Life workshops etc • Marvellous Me 	Anti-bullying ambassadors
		<u>People involved-</u>
		Class teachers/LSAs
		Inclusion team - inclusion leader, SENCo, Well-being assistant, mental health first aider (HLTA)
		Office staff
		Well-being committee
		Learning for Life Lead

- Regular surveys - pupils have their say
- E-safety curriculum and parental workshops
- Static fitness equipment
- Tranquillity Cove - sensory room time
- Zen Den (a specially set up well-being space) and the Wild Garden
- Outdoor space for playing and movement breaks/being active (strong link with mental health)
- Marvellous Me app (strong link between home and school)
- Happy News - newspaper created for the school community by the well-being ambassadors. Alongside WB ambassadors lead.
- Aspirations day (every 2 years) - to help children see what is possible, to aspire to
- Outdoor learning time for all pupils
- Forest school weekly session for Year R

Staff:

- Staff CPD (including online) - ACEs, trauma, bereavement, attachment, CSE, domestic abuse, mental health
- Employees' assistance
- Supervision for identified staff
- Termly social & buddy opportunities
- Staff well-being barometer & gratitude board
- Key policies reviewed (work/life balance)
- Active well-being committee (including chair of governors)
- Well-being questions in appraisal meetings
- No club Wednesdays/Fridays
- No marking weeks - the weeks before all holidays
- Life events celebrated
- Regular sharing of well-being/mental health information - desk yoga, happiness calendar, helpful hints (sleep, being active etc)
- Mindfulness/stress management staff meetings
- Annual paid well-being day (1/2 day if staff member works mornings only) for all staff
- Well-being & Positive Mental Health policy - regularly reviewed and amended
- Weekly well-being time (5 ways to well-being)

	<ul style="list-style-type: none"> • Staff quiz during annual well-being week • Annual surveys - staff have their say • E-safety - Staff training/updates • Weekly walking club/sporting activities offered • External emails blocked at weekends • Termly 'term time treats' • Mentor for all new staff 	
	<p>Parents/carers:</p> <ul style="list-style-type: none"> • Annual surveys - parents' voice • E-safety curriculum and parental workshops. • Parental workshops - mindfulness (stepping into school), managing children's anxiety, Foodwise, Parenting Puzzle, Dealing with ADHD/ASD (Available via Zoom during Covid time.) • Drop off / drop in advice and information service available daily (the Wild Garden) (Via phone call and/or Zoom during Covid time.) • Monthly newsletter - well-being and mental health at Westfield page • Website - well-being and mental health page • Newsletter - online safety page with hints and tips • Marvellous Me (strong link between home and school) • Parents' well-being events • Foodwise freezer stored at Westfield - 'home cooked' ready meals supplied to identified families (all families informed about it) • Food vouchers • 'Tea and tissues' parent event when children start in Year R 	
Tier 2 provision	Pupils:	<u>People Involved:-</u>

	<ul style="list-style-type: none"> • Bosun - therapy dog, weekly visit. Zoom with Bosun during Covid time (cuddly toy in school during the zoom call) • Weekly bereavement club/support • Young carers club and support • Friendly group/Dragon's Lair club • Nurture groups, specific to need • Well-being club • Social skills club • Bubbles follow up - time with mental health first aider/W-B assistant in the Zen Den, a specially set up well-being space • Referral from class teachers - bespoke programme of time with HLTA or W-B assistant • Creative Cove group • Access to specific interventions, for example, Drawing & Talking, Lego Therapy, Emotion Coaching etc • One to one sessions with children around specific needs, e.g anxiety, self-esteem, bereavement, NSPCC PANTS etc 	<p>Inclusion team - inclusion leader, SENCo, Well-being assistants, Nurture Lead (mental health first aider - HLTA)</p> <p>Woking Hospice - bereavement club - weekly sessions</p> <p>Therapy dog and owner</p> <p>CYP Haven</p>
	<p>Staff:</p> <ul style="list-style-type: none"> • Employees assistance • Mentors for all new members of staff (comprehensive induction policy) • Targeted mentoring/support if needed/required • Signposting to specific support 	
	<p>Parents/Carers:</p> <ul style="list-style-type: none"> • Targeted parent courses/workshops - invitations • In-house workshops - for example, ASD, positive language, ADHD, managing anxiety 	
<p>Tier 3 provision</p>	<p>Pupils:</p> <ul style="list-style-type: none"> • Counselling - Your Sanctuary, Haven, ACT • Early Help Hub (incl. family support) via Children's Social Services L3 • Children's Social Services Referral (via DSL) • CAMHS Referral 	<p>Children's Social Services</p> <p>CAMHS</p> <p>Your Sanctuary</p>

	<ul style="list-style-type: none">• Specific targeted support for children open to Children Services, linked to identified plans and need	
	Staff: <ul style="list-style-type: none">• OH referral and support	
	Parents/Carers: <ul style="list-style-type: none">• Drop off/Drop in - referral for parents' counselling• Signposting to support for debt/housing/relationships/mental health	