

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



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| <p>Whole school programme:</p> <p>Universal provision</p> <p>Pupils Years R to 6</p> <p>Staff</p> <p>Parents/carers</p> | <p>Pupils:</p> <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 • Assembly programme (Positivity, Respect, Diversity, Anti-bullying, kindness, gratitude etc) • PRIDE values • The Westfield Way • Bubbles - every child has one/mental health display - raising awareness of mental health. Access to mental health first aider/WB assistant for every child • Zones of regulation (including resource boxes), 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) • School council - pupil voice • Mindfulness/well-being club • Clubs to support wellbeing and the 5 ways to wellbeing • Weekly well-being time (5 ways to well-being), each area covered across the year, increasing children's awareness of their emotions and what supports their well-being • 100 things to do activity list • 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, Life Bus, A-Life workshops, 52 Lives of Kindness workshops, intergenerational link visits etc • Regular surveys - pupils have their say • Online safety curriculum and parental workshops | <p><u>Students involved-</u></p> <p>Well-being ambassadors</p> <p>Peer mediators</p> <p>School council</p> <p>Anti-bullying ambassadors</p> <p><u>People involved-</u></p> <p>Class teachers/LSAs</p> <p>Inclusion team - inclusion leader, SENCo, Well-being assistant, Nurture Lead (HLTA)</p> <p>Office staff</p> <p>Well-being committee</p> <p>Learning for Life Lead</p> |
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- Static fitness equipment
- Lego Wall - daily access
- Quiet Zone and Calm Zone - daily access
- 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
- Annual Well-being week - based around the 5 ways to well-being
- Annual Children's Mental Health Awareness week - to raise the profile and reduce stigma
- Key days celebrated - #hello yellow day / Kindness Day / Smile Day
- Termly kindness trophies and certificates to promote the importance of kindness on well-being (own and others)
- Annual well-being trophy

Staff:

- Staff CPD (including online) - ACEs, trauma, bereavement, attachment, CSE, domestic abuse, mental health
- Employee assistance
- Supervision for identified staff
- Termly social & buddy opportunities
- Gratitude board/shout out board
- Staff well-being and events board (including tips and advice)
- Mindworks board for staff
- Key policies reviewed (work/life balance)
- Active well-being committee (including chair of governors)
- Dedicated well-being questions in appraisal meetings
- No club Wednesdays/Fridays
- No/low 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)
- Staff quiz during annual well-being week
- Annual surveys - staff have their say
- Online safety - Staff training/updates
- Weekly walking club/sporting activities offered at regular intervals
- School staff communications policy
- School has signed up to the DfE Education Staff Well-being Charter
- Termly 'term time treats'
- Christmas and Summer whole staff socials
- Termly 'tea and cake' staff socials
- Termly staff 'buddy' opportunities e.g Secret Santa, random acts of kindness week
- Mentor for all new staff

Parents/carers:

- Regular surveys - parents' voice
- Online safety curriculum and parental workshops
- Parental workshops - healthy cooking on a budget, mindfulness (stepping into school), managing children's anxiety, Parenting Puzzle, Dealing with ADHD/ASD (face to face, via Zoom and online)
- Regular signposting to support/information
- 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)
- See saw - online home learning platform
- Parents' well-being events and socials
- Foodwise freezer stored at Westfield - 'home cooked' ready meals supplied to identified families (all families informed about it)
- Food bank vouchers

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| | <ul style="list-style-type: none"> • 'Tea and tissues' parent event when children start in Year R • Class email addresses / open door policy • Book looks in the Wild Garden • Food bank bags available to all • Termly wellbeing events to promote wellbeing at home: Wellbeing Wednesdays | |
| Tier 2 provision | <p>Pupils:</p> <ul style="list-style-type: none"> • Bosun - therapy dog, weekly visit • Bereavement support as needed • Mindworks referrals and support (individual or class/group support) • Young carers club and support • Friendly group/Dragon's Lair club • Nurture groups, specific to need • Lunchtime art 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 • 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>Staff:</p> <ul style="list-style-type: none"> • Employee assistance • Mentors for all new members of staff (comprehensive induction policy) • Targeted mentoring/support if needed/required • Signposting to specific support | <p><u>People Involved:-</u></p> <p>Inclusion team - inclusion leader, SENCo, Well-being assistant, Nurture Lead (mental health first aider - HLTA)</p> <p>Woking Hospice</p> <p>Therapy dog and owner</p> <p>Mindworks</p> <p>CYP Haven</p> <p>Barnadoes</p> <p>Stripey Stork</p> <p>Jigsaw</p> |

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| | <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 • Specific signposting • Stripey Stork referrals • School holiday vouchers for holiday clubs • 'Power' voucher - support with household utilities (gas & electricity) • Parent referrals to Jigsaw back to school initiative | |
| Tier 3 provision | <p>Pupils:</p> <ul style="list-style-type: none"> • Counselling - e.g Your Sanctuary, Haven, ACT, Matthew Hackney Charity • Early Help Hub (incl. family support) via Children's Social Services L3 • Children's Social Services Referral (via DSL) • Mindworks (CAMHS / Neurodiverse) Referral • Specific targeted support for children open to Children Services, linked to identified plans and need <p>Staff:</p> <ul style="list-style-type: none"> • OH referral and support <p>Parents/Carers:</p> <ul style="list-style-type: none"> • Signposting - referral for parents' counselling • Signposting to support for debt/housing/relationships/mental health | <p>Children's Social Services</p> <p>Mindworks / CAMHS</p> <p>Your Sanctuary</p> <p>Matthew Hackney Charity</p> |