

Emerson Valley School - Mental Health & Well Being Strategy

CHILDREN

Our aim is for our children to have the emotional Literacy to be able to explain their feelings and emotions. To understand that it is acceptable to have ‘down’ days but to also have strategies to accept these days as they happen and control their emotions. We want them to know it is good to talk about their feelings & emotions and the people who can help them, both in and out of school. To share this knowledge with our children who join the school.

Target	Elements towards strategy
For children to be able to talk about their emotions.	<ul style="list-style-type: none"> • Continued use of Wellbeing Scale in the mornings. • Encourage staff who don't use it in the afternoons to begin to do so. • Continued use of Jigsaw for PSHE inc. the ‘Calm Me scripts’ • Staff to teach 2 short Wellbeing sessions per week in place of assembly – Sept 2020
For children to understand that they can have an effect on others’ emotions.	<ul style="list-style-type: none"> • Create children Wellbeing champions across the year groups. Speak to Class Reps for ideas before explaining to whole school and asking chn to apply.
For children to know who they can talk to, both in and out of school.	<ul style="list-style-type: none"> • Using Wellbeing Scale conversations, teachers to remind chn of who they can talk to in school & ask them to explain who they could talk to out of school. • All chn to create a trusted hand of adults, keep in tray. Teachers to remind as necessary. • Display somewhere in centre of school of people who can help chn in school & outside of school e.g. Drs, Childline, Mind etc. • Consider NLP4Kids funding for 2nd session.
For all children to feel welcome and settled within school, therefore able to discuss issues.	<ul style="list-style-type: none"> • Create a pack to give to new chn to help with settling in. AM to speak to Class Reps meeting & ask for ideas, work with a team of Yr 6 chn to complete. Start with pack for new Yr 4/5/6 chn & then look at adaptations for new Yr 3 chn.