

Ecton Brook Primary - Approach to supporting children's wellbeing

Why?

Mental health and wellbeing can affect learning and achievement. Good wellbeing is essential for children. It helps them to learn effectively, cope with day to day challenges and develop into resilient young adults.

At Ecton Brook we strive to ensure that children can:

- * manage in times of change and stress
- * make well-informed decisions about their health- including knowing how to access help
- * develop skills to problem solve peacefully
- * control and manage feelings
- * deal with worry and anxiety

Mental health and wellbeing are a cultural priority at Ecton Brook Primary School in order to support children and staff in learning, working and growing together.

How?

- * Whole School Mental Health & Wellbeing Planning Tool (*Thrive DfE accredited*) and mental health lead
- * Whole school approaches including PSHE, Computing and RSE curriculum. 'Keeping Safe' taught across all subjects
- * Nurture provision through pastoral support & breakfast clubs
- * Family Support Workers - individual support, Early Help, Child in Need, Child Protection, PEP, worry box, walk & talk
- * Behaviour support, SEND support, EAL support, Boxall & SDQ
- * Outside agency support - psychologist, therapists, social workers, counsellors, police, nurse, dentist
- * Promotion of healthy eating and fitness - PE, Science, PSHE & DT curriculum, fruit and milk scheme, healthy lunches, Sports Premium, Change for Life,
- * Resources selected to promote wellbeing - books, curriculum planning, sensory circuits, sensory support equipment,
- * Rewards and praise linked to attitudes and behaviour, awards sent home, celebration assemblies, parental engagement sessions, Termly Learning Conferences, displays of children's work
- * Parent and pupil voice, information evenings for parents, home-school communication strategies, Termly Learning Conf.
- * Advice to children and parents through newsletters and school website
- * Visitors to school, for parents and pupils
- * School events - assemblies, performances, circle time, parental engagement days, clubs, external trips & visitors
- * National events - Children in Need, Mental Health Day, Anti-bullying week, charity events
- * DSL & Deputy DSLs, Online Safety taught throughout the curriculum
- * Displays in school

Staff wellbeing is promoted and supported in a number of ways in order to create a positive working environment.

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