

**Sometimes children need support with their
Social, Emotional and Mental Health.
We all want happy, healthy children.**

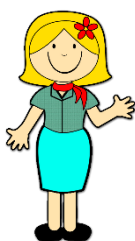


Mental health is how we feel, how we think and how we behave. Mental Health Promotion for children is everybody's business.

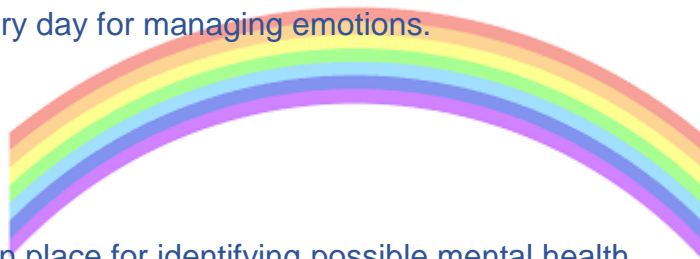
At St Finbar's, we recognise that all children and adults need the foundation of positive mental health to benefit fully from all of the opportunities available to them.

Prevention-ethos and awareness

St Finbar's provides a learning environment that promotes and enhances positive mental health. A consistent approach means that the school environment and school ethos promote the mental health of the whole school community. Healthy relationships underpin positive mental health and have a significant impact on everything we do.



- All children are warmly greeted every day.
- School has the School of Sanctuary, Inclusion Charter Mark and Healthy Schools' Awards to support our inclusive curriculum.
- After school clubs and breakfast club and playground activities promote fitness, fun therapeutic activities are varied throughout the year.
- Whole school ethos and values, School buddies, School council
- ROAR- response to mental health in Primary schools is used throughout school. (Recognise, ask Open questions, Access support, build Resilience)
- ROAR rainbows are used every day for managing emotions.
- Inclusive PSHE curriculum.



Identification

School have clear systems and processes in place for identifying possible mental health concerns.

- Our School Buddies report any concerns to staff.
- Staff express and discuss concerns with SENDCO
- Children put their concerns in the worry jar in the entrance hall and these are checked every week.
- Parent's and carers report concerns to staff.



Early support

At St Finbar's we believe that a small concern should be acted upon to prevent it from becoming a big concern!

School offers the following support:

- Strong routines and consistent approach to behaviour management.
- School family support service
- Bereavement counselling
- My Personal Best group daily in school.
- Year 5 and 6 strengths and difficulties questionnaire
- Year 6 school health questionnaire
- An Education Mental Health Practitioner provides therapeutic support weekly in school for four children.
- ADDvanced Solutions - coffee mornings and regular sign posting
- My Time Project - provides support for families affected by loved ones in prison.

**WE CAN WORK
IT OUT**



ADDvanced Solutions

Referral to outside agencies for more support

The school SENDCO will refer to many outside agencies:

- CAMHS Seedlings in school each week for half a day.
- Educational Psychologist
- School health
- Physio and Occupational therapists



Camhs
Where Young Minds Matter

Mental health and wellbeing of Parents/carers

- Parents are welcomed and included to work in partnership with school and agencies.
- Parents are provided with opportunities where they can ask for help when needed. We are always there at the start and end of every day.
- Parents are signposted to appropriate agencies for support
- Parents are clear about their roles and expectations when working in partnership with schools.
- Opinions are sought and valued and responded to.
- Strengths and difficulties are recognised, acknowledged and challenged appropriately



Mental health and wellbeing of staff:

- Staff have a range of strategies that support their mental health, e.g. a named person to speak to, signposting etc.
 - have recognition of their work-life balance
 - have the mental health and well-being of the whole staff reviewed regularly
 - feel valued and have opportunities to contribute to decision-making processes
 - celebrate and recognise success
 - are able to carry out roles and responsibilities effectively
- are provided with opportunities for CPD both personally and professionally
- have their unique talents and skills recognised and opportunities are provided for development
- Weekly keep fit sessions

