

## **Supporting Children's Mental Health and Well-Being**

Please find below a summary of the practical ways we support children's mental health and well-being

### **Whole Class/School Approaches:**

- Safeguarding Policy which includes sections on well-being
- Additional policies – e.g. Anti-Bullying; Behaviour Management and Rewards; Inclusion; British Values
- Regular PSHE lessons based on the Jigsaw Scheme
- Weekly Circle Time sessions
- Assemblies which address themes such as anti-bullying, equality
- Workshops – Basildon Youth Theatre – which focus on relevant themes and the curriculum
- Worry Boxes in each class
- Year 6 transition workshop led by Billericay Schools' Ministry in July
- Bikeability Sessions
- Healthy Snack policy
- Staff training to support children's mental health and well-being
- Well-Being Week
- Outdoor gym and Adventure Playground
- 2 hours PE per week
- Quiet Area for lunch
- Sensory Room
- After-School Clubs which have a well-being focus, such as yoga and forest schools

### **Additional Support:**

- Mentoring sessions – provided by our school mentor – Mrs O'Brien – she works for 2 days a week and this can be arranged, via Mrs Robinson or your child's teacher, at a moment's notice. Parental consent is required
- Counselling – provided by Brentwood Catholic Children's Service – BCCS or Working for Children - a comprehensive referral form is required to be completed in conjunction with the school
- Pyramid Club – led by our Support Staff to provide support for children with any worries/confidence issues or perhaps needing friendship support
- Social Circles – organised by Mrs O'Brien – in the afternoons – to support children who find it difficult to make friends
- Outreach – we refer to external agencies, e.g. CAMHS, and also signpost parents e.g. SNAP