



# Arnside National C of E School

## *Aspire Believe Achieve*

### Emotional Well Being

Here at Arnside National Primary School, we are passionate about teaching our children how to manage their emotional well being.

### School Aims

Through our Christian and school values, we are committed to providing a positive, safe and stimulating environment in which all children can learn and achieve and be supported emotionally.

### Our Commitment to help improve and promote emotional wellbeing in all our children

- To identify children who may need support with achieving a positive emotional wellbeing
- To offer support, intervention and services to those identified as needing help with their emotional wellbeing
- To teach our children strategies to identify how they are feeling and self-help strategies to improve their emotional wellbeing

### Levels of Support Offered

#### Universal Support

All our children are nurtured and offered support as per our school ethos. We have an open-door policy so parents and carers can speak to staff as they need to. We have a holistic approach to working through emotional and social barriers to learning and provide interventions including emotional literacy programmes and anxiety-reducing activities.

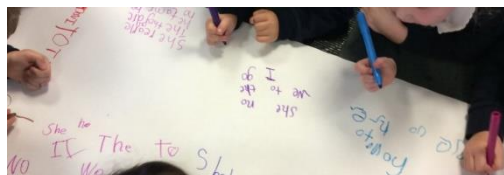
#### Targeted Support

Our Senior Leadership Team will identify children whom may need some additional emotional support. This can be provided by collaborative play/social groups and 1:1's with a staff team member within school.

For children who are experiencing longer term difficulties or have experienced a specific life event which is affecting their emotional well being. We will speak to the family, and if agreeable we will provide a "Therapeutic space" where our own Therapeutic Play Practitioner will provide weekly 1:1 support for a minimum of 12 sessions, (1 session per week).

#### Higher Level Support

For children who are experiencing longer term difficulties with their emotional wellbeing. School, professionals and families will meet to discuss the type of agencies that need to be contacted and an action plan will be created to support the development and wellbeing of the child.



"Let all that you do be done in love"