



## GREENBANK PRIMARY SCHOOL

### Greenbank Pupil Mental Health and Wellbeing Guidance

#### **'The key to improved wellbeing is: small things, consistently done' Dr. Tal Ben-Shahar**

This document outlines our commitment to promoting positive mental health and wellbeing and supporting students experiencing mental ill health by ensuring a safe and stable learning environment. This document integrates mental health into the broader curriculum, addresses early warning signs, facilitates access to support, and aligns with statutory duties under the Equality Act 2010 and Ofsted requirements for personal development.

#### Promotion of Positive Mental Health

At Greenbank Primary School, we believe that happier children learn better, therefore, we foster a supportive, resilient school culture through education on healthy lifestyles and social-emotional skills.

Mental health and wellbeing education is incorporated across the curriculum throughout the year via our PSHE, RSE and RSHE curriculum. We also teach E-safety and its links to mental health and wellbeing through our Computing curriculum. Our PE and Outdoor Learning Teams are also highly skilled at making those links between physical health and mental health and wellbeing.

In addition to our core curriculum, we include many whole-school approaches to wellbeing and developing children's social and emotional skills, these include:

- Tribal classrooms, our teachers foster a strong sense of belonging in their classrooms, 'we are a team.' Each child knows and understands that everyone belongs, is valued, is connected and has a role to play.
- Sensory breaks throughout the day for all children.
- The Daily mile outside in nature for all children.
- Sensory circuits first thing in the morning to encourage that smooth transition from home to school.
- Assemblies at key times throughout the year, i.e. Back to school, Transition to Secondary School, Anti bullying week, World Mental Health Day, Autism Awareness Week, Children in Need, Red Nose Day, Parliamentary Day (links to Democracy, fairness, equality).
- Sports and Diversity Week- to encourage a healthy lifestyle (physical, mental and emotional health). We also know that regular participation in sports helps to support resilience and reduces chances of developing a mental illness.
- What went well? On a Friday afternoon children reflect and write down three small things that have gone well for the week. This is shared with the class, displayed in the classroom and the celebrated.
- Including Physically Active Learning (PAL) wherever possible within the curriculum to help boost learning and wellbeing.



At Greenbank, we are also committed to learning outside the classroom and providing all children with the opportunity to access outdoor and adventurous activities. This has extensive links to the Geography Fieldwork Curriculum and stand-alone 'experience' sessions. These are fully inclusive and all children take part regardless of physical or learning need. This includes;

Kayaking

Climbing

Archery

Sailing

Fieldwork/ geo-caching/ orienteering

Forest School

Over-night residentials

### Greenbank Mental Health First Aiders

Our Mental Health First Aiders have completed certified training to recognise, support, and respond to children's mental health needs safely and effectively.

**Yvonne Matthew**- Children's Welfare Officer

**Toby Turnbull**- Class Teacher

**Ghosia Bi**- Teaching Assistant