**Emotional Wellbeing and Mental Health at Valley**

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| UNIVERSAL APPROACH**C:\Users\RCoulson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\DDC2C460.tmpThis is about the things we do as part of our everyday learning at school, that help us keep mentally healthy.** * We learn about looking after our wellbeing as part of our PSHE lessons.
* We talk about emotional wellbeing in some of our assemblies.
* We have special activities planned each February, as part of Children’s Mental Health Week.
* Bromley Y come into school for assemblies, workshops and group work.
* Sometimes we have additional workshops, such as Fantastic Fred.
* We have a Restorative Approach to behaviour, which teaches us to talk about emotions, empathise and take responsibility for our own actions.
* C:\Users\RCoulson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\7090BBD.tmpWe have Peer Mediators to help us if we have a conflict, and Opal leaders/Sports leaders to help us have happy playtimes.
* We have Wellbeing Ambassadors who work with the Wellbeing Committee to continue to improve pupil and staff wellbeing.
* Capricornone Wellbeing Ambassador Green Gel Domed School Bar BadgeWe have Worry Monsters and ‘I would like my teacher to know’ boxes in all our classrooms.
* Peer Mediator Rounded Edge Bar BadgeWe have ‘drop-in’ sessions where you can talk with Mr Jackson, Mrs Mulla, Mrs Crawford Jones or Mrs Coulson if something is worrying you.

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| STAGE 1Round Table Discussion Stock Illustrations, Royalty-Free Vector Graphics & Clip  Art - iStock | Group discussion, Meeting, Panel discussion**If you, a parent or carer, or your teacher is worried about your emotional wellbeing, this is what will happen first.** * The teacher will have a meeting with your parent/carer and you (if you would like to be there).
* We might plan some adjustments to what happens in the classroom or at playtime, depending upon what is affecting you.
* The teacher will tell your parent/carer about the webinars and resources provided by Bromley Y. These can help parents to help their children.
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| STAGE 2**If you, a parent or carer, or your teacher continues to be worried about your emotional wellbeing, this is what will happen next.** * The teacher will have another meeting with your parent/carer and you (if you would like to be there) to see if the adjustments we have tried so far have helped.
* Your teacher will talk to Mrs Coulson or Mrs Crawford-Jones. They might want to talk to you so we can plan the best support for you.
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| STAGE 3**Mrs Crawford-Jones, Mrs Mulla, Mr Jackson or Mrs Coulson will plan some support for you. This will last for a fixed number of sessions. This could be individual or group work. Here are some examples of focussed sessions that might be offered.** * Sessions to help manage anxiety.
* Sessions to help you regulate your emotions and manage your behaviour (Zones of Regulation).
* Sessions to develop your confidence or self-esteem.
* Sessions to help you feel positive about coming to school and leave a parent/carer happily.
* Sessions to help you develop friendships and to socialise with different people.
* Weekly or fortnightly check-ins with a Trusted Adult.

**External support*** An adult at school or your parent/carer may decide to seek some additional support from Bromley Y. The school will work your parent/carer to fill in a referral form. You will be asked for your views too. The Mental Health Support Team at Bromley Y will then tell us if they can offer you and your family any support, or they might give the school some ideas for things to do in school.
* For Year 6 pupils, there a small number of places available for pupils who would benefit from seeing a Mentor. School adults will speak to you if we feel this is something that may be beneficial.
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