

St Neot Primary School's Mental Health and Wellbeing Offer

Mental Health Lead: Mrs Bowden
Wellbeing Governor: Rachel Kent

Safeguarding Lead: Mrs Bowden

If you have any questions or concerns about your child's mental health and wellbeing, please do not hesitate to contact us via:

secretary@st-neot.cornwall.sch.uk

At St Neot Primary School, we are committed to supporting the positive mental health and wellbeing of our whole community of children, staff, parents and carers. Our culture of nurturing children, building resilience and a positive mental health means our school is a safe place where:

- Every child feels valued;
- Every child has a sense of belonging;
- Every child feels able to talk openly with trusted members of staff about their problems;
- Positive mental health is promoted;
- Bullying is not tolerated.

At St Neot Primary School, positive mental health is everybody's responsibility.

MENTAL HEALTH SUPPORT TEAM

We are delighted to now be working with the Mental Health Support Team from Cornwall Partnership, NHS Foundation Trust. They will be helping us to deliver a range of wellbeing workshops throughout the year. Please read the attached leaflet. More information can be found at:

<https://www.cornwallft.nhs.uk/camhs/>

CURRICULUM

We follow Jigsaw PSHE and our rolling programme can be found on the school website. Jigsaw PSHE perfectly connects the pieces of Personal, Social, Health and Well-Being Education. The programme teaches children and young people emotional literacy, social- and lifelong skills, RSE/RSHE and resilience in an age-appropriate manner.

Jigsaw gives children and young people the tools to have the best possible life. The programme equips them for happier and healthier lives, giving them agency to make their way through the world.

We also feel that many areas of our wider curriculum are so important for supporting children's wellbeing. We hope that through our creative subjects such as music and art and our active subjects such as PE and Wild Tribe, that our children find a happy and calming space.

WELLBEING JOURNALS

Each child has a wellbeing journal that we add to half termly. These include their hopes and dreams, mindful activities, breathing and regulating strategies. We want the children to be able to take them away when they leave primary school and continue to add to them as they grow. We usually add to them during the following events:

World Mental Health Day, October

Children's Mental Health Week, February

Mental Health Awareness Week, May

SURVEYS

Bounce Together is an online tool which provides schools with a survey platform for measuring and monitoring physical and mental wellbeing and the attitudes of pupils, staff, and parents. The platform is designed so that we can easily collect wellbeing data and once analysed, quickly make a difference for our children and the wider school community. We usually survey the children in the Autumn and Summer terms.

PLEASE SEE BELOW FOR USEFUL WEBSITES AND INFORMATION

Childline Free 24-hour counselling service for children and young people up to their 19th birthday. 0800 1111 <https://www.childline.org.uk>

NSPCC Provides helplines and information on child abuse, child protection and safeguarding children. 0808 800 5000 <https://www.nspcc.org.uk/>

Young Minds Young Minds has a Parent Helpline that offers free confidential telephone and email support to any adult worried about the wellbeing of a child or young person. 0808 802 5544 http://www.youngminds.org.uk/for_parents