

## Mental Health and Wellbeing update for parents and carers May 2023

### Place2Be

- As you know, we have a Place2Be counsellor 2 days a week at St. Andrew's. Jade works in school on Wednesdays and Thursdays, taking children for one-to-one sessions and speaking to children who requested Place2Talk. Teaching staff have referred children to the pastoral leads, who then decide with Jade who would benefit from one to one sessions. These take place once a week for 10 weeks. Currently, we are on the second cohort of children, which means 10 children have received one to one sessions so far. We will begin sessions for children who have been on the waiting list during this term.

### Place2Talk

- Jade also holds Place2Talk sessions every Wednesday and Thursday. The KS2 children can put a slip in the Place2Talk box to request an appointment to talk to Jade that day. She then gives the children an appointment card and talks to them at playtime or lunchtime. They can attend the session alone or bring a friend. This has proved very popular and helped children to feel valued and heard.
- Jade is also available for staff to talk to for advice. She has also phoned many parents for support and advice as issues have arisen in school or at home.

### Journey Of Hope

- This term, 10 children from Year 3 and 4 have been chosen to take part in Journey Of Hope. This is an eight-week intervention programme led by Jade. It is designed to help children learn positive coping mechanisms and develop resilience and confidence.

### Parenting Smart

- Parenting Smart is an online course for parents and carers of children at schools supported by Place2Be.
- The online course is free and intended to help strengthen relationships and respond helpfully to challenging behaviour. During the latest cohort we had eight parents sign up. If you would like further information about this, please call or email the office for the attention of Mrs Kirkpatrick or Mrs Whitaker.

### Wellbeing Warriors

- Continuing from last year, Wellbeing Warriors (an outside intervention programme) have been working with children in school. During the Autumn term, they worked with 10 KS1 children. In Spring, they worked with 10 KS2 children and 10 children from KS1. This term are also working with a group of children from EYFS. The children absolutely love these sessions and we have had great feedback about this from parents

### Children's mental health week

- We took part in children's mental health week in February. Mrs Kirkpatrick held an assembly to inform children of what we would be working on in school. In class, all children completed an

activity from 'The Art Room' based around the Dr Seuss book 'My Many Coloured Days'. Children related colours to emotions and discussed their feelings. Mrs Whitaker, Mrs Kirkpatrick, Jade and our Wellbeing Buddies also held two open sessions on the playground after school, for parents to come and see what we offer at school or just talk to us if needed.

### Yoga

- As part of mental health week, we invited a yoga and meditation teacher in to work with all classes and staff. Paula came into school on Tuesday and Wednesday and worked for about 30 minutes with each class. The children learnt yoga positions, relaxation strategies and meditation. Paula then held a staff session after school on Tuesday.

### Wellbeing Award for Schools (WAS)

- We are continuing to work hard on our Wellbeing Award for Schools process and will have a verification visit later this term. The award is split into eight sections, with evidence to be collected for objectives linked to each of these areas; commitment to protecting mental health and wellbeing, vision and communication, staff mental health and wellbeing, culture, training, participation with the whole school community and links with outside agencies and organisations. School staff, parents and children have been invited to share their views on mental health and wellbeing through a second questionnaire. The results of the parent/carer and pupils questionnaires are included below. Each question was scored out of 5, with 5 being strongly agree. We are really pleased with the results from the surveys, which show that we are making good progress with our work on wellbeing. We will continue to work on the areas the scored the lowest.

### Results from parent/carer questionnaire

#### Amber

I know about the Wellbeing award for school 3.4

Everyone at school supports each other if they are feeling worried or unhappy. 3.9

The school encourages parents to talk about how they and their children are feeling. 3.8

I am happy talk to the school about my feelings. 4

I feel involved in the school's plans for emotional health and wellbeing 3.6

#### Green

I understand my child needs to feel happy and secure at school to do well. 4.7

I know who to talk to at the school if someone is worried or unhappy. 4.3

The school really cares that everyone has good mental health and emotional wellbeing. 4.1

It is clear that good emotional wellbeing and mental health is important to the school. 4.3

I am happy to talk to the school about my child's feelings. 4.4

## Results from pupil questionnaire

### Amber

I know about the Wellbeing award for schools 3.7

### Green

In our school we learn how important it is to talk about our feelings and emotions. 4.4

I believe I can make a difference if someone is feeling worried or unhappy. 4.5

My school really cares about me and how I am feeling. 4.5

My school really cares about all its pupils and how they are feeling. 4.5

If needed I would feel comfortable talking about how I am feeling at school. 4.2

My teachers know when I am feeling worried or unhappy. 4.3

I am able to get help at school when I am feeling worried or unhappy. 4.4

I believe I can make a difference if someone else is feeling worried or unhappy. 4.5

The school really cares about what I think and listens to what I have to say. 4.5

We were really happy with the comments left by put pupils on the questionnaire and have included some of them below for you to read.

- my friend-Lily-cares and we have very nice and supportive staff in our school who will help with anything needed.
- we have place2be and lots of supportive staff members that will help us with expressing ourselves and our feelings
- We learn and talk about it in PSHE
- we can always talk to teachers about anything.
- We have Place 2 Be in our school so we can talk there.
- because we have multiple things that help us such as : wellbeing warriors, wellbeing buddies and place 2 be.
- They help every student if they are upset.
- if someone is lonely, our WELLBEING BUDDIES can help them feel better.
- we have feeling check ins and place to be and it is for everyone to express their own emotions.
- They give them time to take deep breaths and gather their courage to get through the day!!
- Teachers help everyone
- We have feelings check-in
- And again, place2be is brilliant for feeling and if your feeling stressful.

Thank you for you continued support for school and all of our wellbeing work.

Mrs Whitaker and Mrs Kirkpatrick - Pastoral Leads