



Mental Health and Well-being Including Physical Well-being



At Beever Primary School, we aim to promote positive mental health and well-being for our whole school community (children, staff, parents and carers), and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health. We recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement. All children go through ups and downs during their school career and some face significant life events.

[Talking Mental Health - YouTube](#)

The Department for Education (DfE) recognises that: "in order to help their children succeed; schools have a role to play in supporting them to be resilient and mentally healthy". Schools can be a place for children and young people to experience a nurturing and supportive environment that has the potential to develop self-esteem and give positive experiences for overcoming adversity and building resilience. For some, school will be a place of respite from difficult home lives and offer positive role models and relationships, which are critical in promoting children's wellbeing and can help create a sense of belonging and community.

In school our role is to ensure that children are able to manage times of change and stress, and that they are supported to reach their potential or access help when they need it. We also have a role to ensure that children learn about what they can do to maintain positive



mental health and what affects their mental health and teach them how to manage this. Our aim is to help develop the protective factors which build resilience to mental health problems and to be a school where:

- * All children are valued.
- * Children have a sense of belonging and feel safe.
- * Children feel able to talk openly with trusted adults about their problems without feeling any stigma.
- * Positive mental health is promoted and valued.
- * Bullying is not tolerated.

At Beever we provide wellbeing areas around school for members of our school community to have some quiet time to reflect or talk.

MIND

At Beever, we regularly use the support services of the MIND charity organisation to help and support our staff and children. This is a service that provides advice and support to empower anyone experiencing a mental health problem. MIND also provide workshops and assemblies on a variety of mental health issues.

For more information about this service, please visit their website by clicking on the link below.



Daily Mile

In the Spring term we were able to have our Daily Mile track installed around our wonderful playing field. It is 200 metres long. Therefore to walk a mile you would need to walk 8 times around the track. This is used for 15 minutes, regularly throughout the week by classes to reinvigorate the body both physically and mentally, stimulate the brain and fill the lungs with fresh air. It provides an opportunity for children and adults to interact together and for



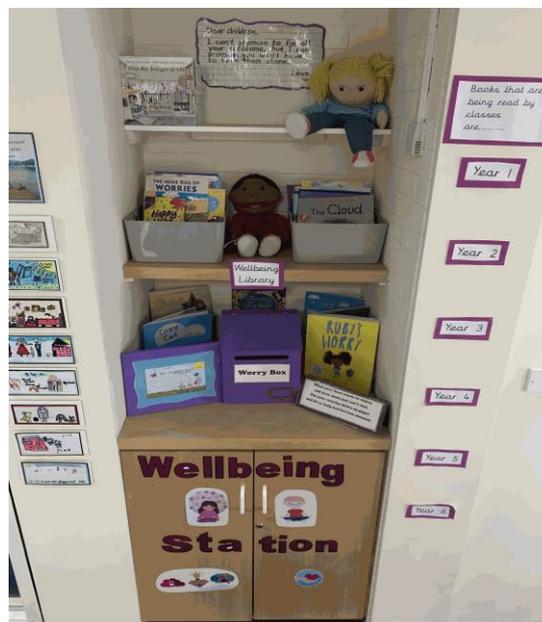
friends to share conversations and for those more active to race around and try to achieve a target.

The track has also been used for staff to hold coaching sessions and also for them to spend time talking to individual children who may require reflection and advice relating to personal issues as they may arise from time to time.

Pastoral Support

Miss Greaves is the full time pastoral support in school and her role is to support provide personal, social and emotional support to our families. She supports pupils in and out of school and offers support to parents often liaising with other agencies such as Early Help.

She has a dedicated area where pupils can go to talk and school have invested in a well-being station to ensure we are well resourced to support pupils with their needs.





Staff Well-being

Each half term the staff have a well-being staff meeting aimed at building team work, strengthening relationships and learning new skills.

This year we have:

- Created a well-being focus group to promote mental health and well-being throughout the school
- Designated staff from this group are planned to attend mental health first aid both for adults and children
- Introduced a wellbeing slot into the staff team meeting
- The pastoral lead is undertaking the DFE senior lead funded mental health and well-being training
- In the summer term all children and staff are participating in the bounce together programme

Measuring Mental Health – BOUNCE together



As education settings, schools are very used to tracking and measuring attainment of children in curriculum subjects such as English and maths. Teachers are confident in their skills in assessing children's academic progress and plugging gaps in learning. This year, Beever are working hard to ensure we are also able to track and measure the wellbeing of our children and staff. At Beever we utilise a platform called [Bounce Together](#) where pupils will undertake mental health questionnaires to gain more information about pupils and staff well-being and how to support them in the future



Additional Support Services

[Sitting Right With You](#) - to support victims of domestic abuse.

[NSPCC](#) - to protect children from any kind of abuse.

[Childline](#) - support services for children.

[NHS](#) - Mental Health and Wellbeing support page.