



Mental Health and Wellbeing support at Meadows First School



Click on this picture of 'friendly mouse' to find out more about the support we offer at Meadows.

We have designed our very own wellbeing wheel to support children in school with their own mental health and wellbeing needs. There is also a wellbeing garden that the children designed and use.

At Meadows First School, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.



At our school we:

- help children to understand their emotions and feelings
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships
- promote self-esteem and ensure children know that they are valued
- encourage children to be confident and 'dare to be different'
- help children to develop emotional resilience and to manage setbacks

We offer different levels of support:

Universal Support- To meet the needs of all our pupils through our overall ethos and our wider curriculum. Our PSHE curriculum (based on JIGSAW) and our Relationships curriculum help children understand how to keep themselves and each other safe, happy, and healthy.

Additional support- For those who may have short term needs and those who may have been made vulnerable by life experiences such as bereavement. This might also be with the class teacher or TA, supporting parents to help manage sleeping patterns, behaviour or eating. It might be welcoming them early into school for breakfast club.

Targeted support- For pupils who need more differentiated support and resources or specific targeted interventions such as Thrive in the HIVE. We use ACEs from our Trauma Informed Approach to support more vulnerable learners.

Lead staff members:

Hazel Dodman: SENDCo, TISUK lead, MHWB trained

Becky Rowley: SENDCo and Mental Health and Emotional Wellbeing First Aider (support for children)

Sarah Bailey: Nursery Manager and Mental Health and Emotional Wellbeing First Aider (support for families and parents)

Wendy Dwyer: Deputy head and Mental Health and

More support from these websites:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

<https://www.childline.org.uk/>

<https://relaxkids.com/>

<https://www.youngminds.org.uk/>

<https://www.hacw.nhs.uk/download.cfm?ver=18893>

<https://www.place2be.org.uk/>