

## Pupil Mental Health and Wellbeing at Holly Primary School

At Holly Primary School, we firmly believe that good mental health and wellbeing is key to enabling our children to learn and have positive experiences at school. We wanted to highlight some of the opportunities that children have access to in our school.

We offer numerous ways to support our children and enable them to thrive both at school and at home, through a range of class learning opportunities, whole school celebrations and SEMH (Social, Emotional and Mental Health) support and interventions.

### **PSHE**

At Holly Primary, we follow the PSHE Association scheme of learning for PSHE lessons, however the specific content of lessons will be determined by the needs of the cohort we're teaching. There will always be an emphasis on enabling pupils to develop the skills, knowledge, understanding, language and confidence to seek help, as needed, for themselves or others. Each class has PSHE sessions, which covers a wide range of themes that link to Relationships, Living in the Wider World, Health and Wellbeing. If any issues arise within classes, these are dealt with in addition to PSHE sessions, through whole-class, small group or individual discussions.



### **ELSA**



ELSA (Emotional Literacy Support Assistant) is an initiative that has been developed and supported by Educational Psychologists. It recognises that children learn better, and are happier in school if their emotional needs are addressed.

The ELSA sessions are fun, engaging and entirely targeted to each individual, using a range of activities such as: games, role play, play-dough, therapeutic stories and crafts to help the children. ELSA aims to provide support for a wide range of emotional needs, including: • Recognising emotions • Self-esteem • Social skills • Friendships • Anxiety • Anger Management • Loss and bereavement

Staff refer pupils into ELSA who may be struggling in school with any of these needs. Referrals are regularly reviewed to identify and prioritise which children require the weekly sessions of this programme. The programme typically lasts for about 6-8 weeks. If your child is referred this will be discussed with you and we require the completion of the parental consent forms before a child can begin the programme.

We are extremely fortunate to have three fully qualified ELSA's at Holly Primary School. Mrs Draycott, Mrs Francis and Mrs Crawford have been trained by Educational Psychologists to plan and deliver programmes of support to pupils who are experiencing temporary or longer term, emotional needs. They attend termly supervision meetings to anonymously discuss cases and gain additional understanding and resources to support their role in school.

For more information, please visit: [www.elsa-support.co.uk](http://www.elsa-support.co.uk)



Mrs Charlene Draycott - Emotional Literacy Support Assistant (ELSA), Teaching Assistant.



Mrs Emma Crawford - Safeguarding, Emotional Literacy Support (ELSA), Teaching Assistant



Mrs Clair Francis - Emotional Literacy Support Assistant (ELSA), Teaching Assistant



### Take 5

Take 5 is our whole- school initiative aimed to improve pupil well-being and build resilience, based on breathing, grounding, and awareness. Every class takes part in Take 5 throughout the day from our youngest children in Nursery right through to our Year 6 children.

We are introducing Take 5 Ambassadors within each Key Stage 2 Class, who will lead sessions and move on to train up further ambassadors moving forwards.

### Drawing and Talking

Drawing and Talking is an attachment-based therapeutic intervention, allowing individuals to discover and communicate emotions through a powerful and simple person-centred therapeutic approach. We are fortunate to have a trained practitioner who can provide drawing and talking interventions.



### Forest School

Forest School sessions aim to use a range of learner-centred processes to support the holistic development of each individual. Research shows that children's wellbeing increases after they spend time connecting with nature. Mrs Jarvis is a level 3 qualified Forest School Leader and Miss Jackson is a Level 2 qualified Forest School Assistant. They are able to support whole classes and groups of children. Forest fun interventions can be used as a strategy for individuals if it is felt that it will support their needs.





### **Mental Health Champions**

Two of our Year 6 pupils have taken on the role of Mental Health Champions. They have attended the NottAlone Live event during Children’s Mental Health Week with the Mental Health Lead- Mrs Jarvis, taking part in a range of well-being workshops and receiving information about community mental health and wellbeing services for young people in Nottingham and Nottinghamshire. They are working alongside Mrs Jarvis to consider ways to further support Mental Health across our school.

### **Supporting – not fixing**

Remember, the programmes mentioned above are not there to ‘fix children’s problems’, but they will support and provide emotional support when it is required. We aim to establish a warm, respectful relationship with the children and provide a reflective space, where they are able to share honestly their thoughts and feelings. For children with complex or long term needs, it is unrealistic to expect the interventions to resolve all of their specific difficulties. If we feel, at the end of the sessions, a child may need further support, through another avenue, we will discuss this with parents in more detail.

Our assembly themes cover a range of topics related to mental health throughout the year. We also take part in numerous events across the year to highlight the importance of positive mental health and wellbeing.

### **Children’s Mental Health Week**

We take part in this each year, with classes completing work related to Mental Health and the key themes of the year. This year, the theme was ‘Let’s Connect’, so all classes considered how we can make meaningful connections that support our mental health.



### **Dress to Express**

We celebrate Dress to Express Day as part of Children’s Mental Health week to encourage self-expression and celebrate our diversity.

### **Odd Socks Day**

As part of Anti-Bullying Week, we take part in Odd Socks Day. It sends an important message that we should all be allowed to be ourselves, free from bullying.



## Mental Health Charities



We have worked with the Charlie Waller Trust, which is a mental health charity and have invited a trainer from the charity to our school. They led assemblies with all children from Reception to Year 6 to speak about the importance of looking after our mental health. They also led workshops with Lower KS2 to go further in depth on this important subject. All staff also had training to ensure we have the knowledge to support our children.

## Holly Health Week

As part of Holly Health Week, we considered the importance of looking after our mental health and we had Well-being Wednesday where classes completed work around how to support our well-being.



## Making a referral

Referrals for all our SEMH interventions should be made in the same way - either through class teachers or our SENDCo, Miss Linley. Through professional discussion, we decide which programme might be best suited to the child's needs. To begin with, a teaching assistant within the child's year group may offer some additional support and then this may escalate towards one of our more specialist interventions. For some children, over their time with us, they may take part in one or more of the interventions. The support is based upon the needs of a child at any point in their educational journey at Holly Primary School.

We hope that you find the information shared above to be both useful and informative.

Please do not hesitate to get in touch if you wish to know a little more about our offering or any other initiatives at Holly Primary School.

Mrs Jarvis- Senior Mental Health Lead- [gjarvis@holly.notts.sch.uk](mailto:gjarvis@holly.notts.sch.uk)



Mrs Gemma Jarvis - EYFS Teacher, Mental Health, Forest Schools

Miss Linley- SENDCo – [ilinley@holly.notts.sch.uk](mailto:ilinley@holly.notts.sch.uk)



Miss India Linley - EYFS Teacher, SendCo, PE

Kind regards,

Mrs Jarvis (Senior Mental Health Lead)