

At Roman Road Primary School, we take mental health and wellbeing very seriously. All members of staff have undertaken Place2Be training and achieved the Children's Mental Health Champions Award in order to better support all of our children. There is a Senior Mental Health Lead, and all three Phase Leaders have also all completed Mental Health First Aider training.

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. Children have weekly Circle Time sessions where they discuss any issues that may have arisen during the week. They also have weekly PSHE lessons and we follow the Jigsaw scheme of work. Children also have access to a Calm Corner in the class, which is a safe space should they need to regulate their emotions, take some time to do some breathing exercises, or have a minute of calm. Each area also has a worry box where children can write any problems and concerns. Children who may need additional support may also be referred to our dedicated school counsellor. There is also a weekly assembly on wellbeing- with a particular focus on mental health, teaching children resilience, breathing exercises and recognising and regulating emotions.

At our school we:

- help children to understand their emotions and feelings better
- 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 count
- help children to develop emotional resilience and to manage setbacks

Everyone deserves to feel good and there are steps you or your child can take to maintain and improve your Mental Wellbeing:

- Build positive relationships.
- Take time for yourself.
- Look after your mental health.
- Look after your physical health.

The five ways to well-being are:

Connect - connect with people around you.

Be active - find an activity that you enjoy and make it a part of your life.

Keep Learning - learning new skills can give you a sense of achievement and a new confidence.

Give to others – give to those in need or even giving a smile, a thank you or a kind word.

Be mindful - be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

Should you need any additional support, please do get in touch.

Below are a list of websites with a particular focus on children's mental health and how you can support children.

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

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

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

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

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat>

<https://www.nhs.uk/every-mind-matters/>

<https://www.annafreud.org/parents-and-carers/>