

Mental Well-being



As a school we are committed to supporting your children to navigate the challenges of life and equip them with tools and strategies for when times are difficult.

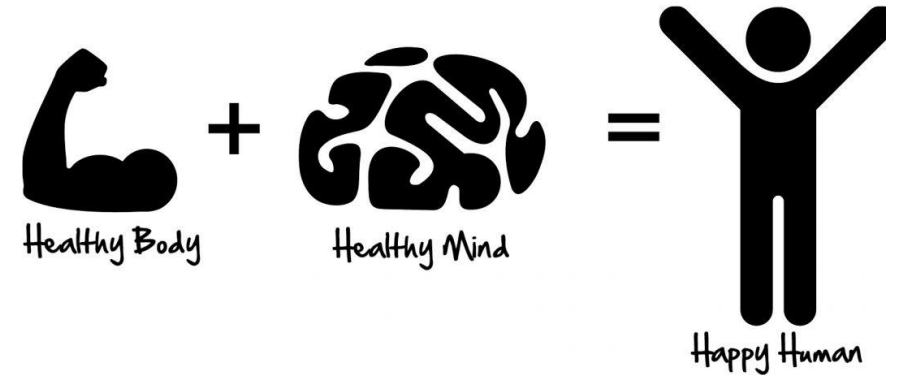
As with physical health, we all have good days and bad days, and our mental health fluctuates throughout our lives.





Inter relationship between mental and physical health

- Mental health is a key factor in the adoption and maintenance of unhealthy lifestyles
- Mental health problems increase the risk of premature mortality from diseases such as cardiovascular disease
- Physical health problems can affect mental health



Overview of stress, depression and anxiety

Stress – Our response to: change, difficult situations, threatening situations.

Anxiety – A general term for several disorders that cause nervousness, fear, apprehension, and worrying. These disorders affect how we feel and behave and can cause physical symptoms. Mild anxiety is vague and unsettling, while severe anxiety can seriously affect day-to-day living.

Depression – A mood disorder characterized by low mood, a feeling of sadness, and a general loss of interest in things.

Common stressors for children



School

Sports

Other extracurricular activities

Work

Increased responsibility at home

5 ways to wellbeing

- Connect – spend time with people who are important to you
- Be active – taking exercise
- Keep learning – nurture interests that have nothing to do with work
- Give to others – even if it's just a smile
- Be mindful – fully engaging your senses to connect the mind with the body



Developing psychological safety at school:

Staff modelling the kind of relationships that produce trust and sharing these with students.

Including the characteristics of positive and healthy friendships and relationships in the curriculum.

Encouraging young people to recognise if a relationship is unhealthy.

Having clear systems to tackle bullying and support the victim.

Developing strategies to resolve conflict.

Strong relationships

Ensuring that relationships are positive, consistent and based on mutual trust and respect creates the greatest advantage for good mental health within a community.

If we feel safe enough to speak up, we can get the right support quicker and make more progress towards good mental health.

Making mistakes

- Strong relationships = trust = openness
- Seeing mistakes as learning
- Showing humility by owning up to mistakes
- Children are more confident and less anxious

miStAkEs
are proof
that you are
TRYING

Pathway to SEMH support

- Including ADHD, ADD, ASD, Anxiety, Attachment, Emotional Regulation, Friendship Issues, Loss, Separation & Bereavement, Resilience, Self-Harm.
- This is not an exhaustive list and additional targeted interventions or support may be accessed as required.

UNIVERSAL

Protective Behaviours

Restorative Approaches

Whole School Behaviour Policy

Whole School annual PASS survey

10 mins daily exercise

TARGETED WAVE 1

School Based Targeted intervention: Building Resilience, Yoga, Lego Therapy, Anxiety Resilience and Coping, Friendship, Conversation Train, Your Brain is like a computer including completion of SDQ or similar questionnaire

TARGETED WAVE 2

School based Elsa activities

School based Drawing & Talking

School Nurse

TARGETED WAVE 3

CAMHS

Other professional service – including counselling, Early
Help Assessment, Community Paediatrician

Emotionally Based School Avoidance

- Between 1% and 2% of pupil attendance issues are related to EBSA.
- We work with the family to identify and support ‘how’ it is occurring rather than ‘why’.
- If you would like to know more about EBSA and some strategies for supporting this, please click on the link .

[Emotionally Based School Avoidance | West Sussex Services for Schools](#)



Self-care for parents and carers

Putting yourself first Getting things done Looking after yourself Staying connected Free time Additional support

Why self-care?

For many parents and carers, finding time for yourself can be a challenge as you juggle family and relationships with your home and work life. This can be especially true if you are supporting a child or young person with their mental health.

With the practicalities of day-to-day life, it can be easy to forget to look after your own wellbeing needs, as well as those of your children, which can lead to feelings of stress or being overwhelmed. Factoring in regular time or activities for yourself will hopefully allow you to enjoy the good moments in life more and to find strength during difficult times.

The following advice about the importance of self-care has been created with the Centre's Parent Champions.



For information on specific strategies which you could try, either on your own or as a family, please view our [self-care resource for On My Mind](#).



Parenting Smart is a hub of short, useful articles written by Place2Be's parenting experts. Each article, aimed at parents of children aged 5 to 11, shares practical advice on a number of different topics.

These topics include:

- Difficulties at mealtimes
- Sibling rivalry
- Peer pressure
- Safe social media use
- Co-parenting following a separation or divorce
- Arguments and conflicts

You're never too young to talk mental health: Tips for talking for parents and carers

PRIMARY

This leaflet provides simple advice and guidance to parents and carers about how to make conversations about their child's feelings part of everyday conversation.

[tmh-parent-leaflet-final-web-updated-by-ed-april-2020.pdf](#)
[\(annafreud.org\)](#)