

At Colerne CE Primary School, we see mental health and wellbeing as being at the forefront of all we do. After all, children who don't feel safe and happy can't learn or reach their potential. We strive to support all of our children and staff to understand their emotions and to know what positive mental health looks like. This is different for everyone, but, in general, the support available in our school, looks like this:

<p><b>All children have access to/support from:</b> (See below table for external links/further information)</p>	<ul style="list-style-type: none"> <li>● A supportive and nurturing environment where they feel valued and noticed</li> <li>● Highly qualified staff who are alert to any changes in the child</li> <li>● An open door policy where parents can raise any concerns at the earliest opportunity</li> <li>● Mental Health Week</li> <li>● Mind Month</li> <li>● External visitors and assemblies</li> <li>● A robust PSHE curriculum</li> <li>● Whole class Thrive assessments which will track any changes</li> <li>● Spurgeons Charity - who run sessions to support parents</li> </ul>
<p><b>Many children will have access to/support from:</b> (See below table for external links/further information)</p>	<ul style="list-style-type: none"> <li>● Individual Thrive assessments</li> <li>● Adapted support in PSHE</li> <li>● Dedicated time to talk to an adult</li> <li>● Additional meetings with parents to talk about any concerns</li> </ul>
<p><b>Some children will have access to/support from:</b> (See below table for external links/further information)</p>	<ul style="list-style-type: none"> <li>● Individual Thrive assessments/plans and support</li> <li>● Play Therapy</li> <li>● Signposting to external support e.g. GP</li> <li>● Parental support for external referrals</li> <li>● ELSA support</li> <li>● My Support Plan linked to social/emotional/mental health needs</li> <li>● Support from specialist SSENS teachers or Behaviour Support</li> </ul>
<p><b>A few children/parents may need support with:</b> (See below table for external links/further information)</p>	<ul style="list-style-type: none"> <li>● Educational Psychologist support</li> <li>● An EHCP linked to social/emotional and mental health needs</li> <li>● CAMHS referrals</li> </ul>

- Thrive: This is embedded in our school and all we do. All classes have a whole class screener 3 times a year and some children may have an individual plan which will be

discussed with parents. Find out more here:

<https://www.thriveapproach.com/thrive-online>

- ELSA: We have trained Emotional Literacy Support Assistants who are available to support children with understanding and managing their emotions. Find out more here: <https://www.elsa-support.co.uk/what-is-elsa-intervention/>
- Mind Month: This is an initiative unique to our school. Every year, in September, teachers plan sessions around how our minds work and what makes us all unique. We talk about different ways of learning, challenges some of us may come across and how we can help ourselves and others. This is adapted according to the class/year group being taught.
- CAMHS: Find out more here: <https://oxfordhealth.nhs.uk/camhs/wilts/>
- Mental Health Week: We follow the Place to Be Mental Health week dates but adapt to suit our school. Find out more here: <https://www.place2be.org.uk/about-us/childrens-mental-health-week/>
- Spurgeons: Run online and in person sessions to support parents and families. Find out more here: <https://spurgeons.org/resources-and-courses/courses/>