



## Wellbeing

At Bridgewater Primary School, we strive to ensure that we educate our children to recognise that their mental health is just as important as their physical health. One of the key aspects in everything we do in school is focus on Wellbeing. As a school, we recognise that all children need to be happy, healthy and develop the skills to cope with challenges they may encounter in order to access their learning.

Through our curriculum, we teach resilience, confidence, positive self-esteem and coping mechanisms to all children, as well as a focus aspect within our PHSE curriculum. Through Miss Lomax's weekly 'Positive Post' letters, we discuss a positive affirmation and develop an understanding of emotions, self-control, developing good relationships and keeping healthy in both mind and body.

### **At our school, we promote a mentally healthy environment through:**

- Promoting our school values and encouraging a sense of belonging.
- Promoting pupil voice and opportunities to participate in decision-making.
- Celebrating academic and non-academic achievements in order to promote self-esteem.
- Providing opportunities to develop a sense of worth through taking responsibility for themselves and others.
- Providing opportunities to reflect.
- Access to appropriate support that meets their needs where required.
- Helping children to understand their emotions and feelings better and to feel comfortable sharing any concerns or worries.
- Helping children to develop emotional resilience and to manage setbacks.



We recognise, however, that our mental wellbeing can change from day to day and that there are times in everybody's life when a little extra help or support might be needed and we have a range of additional support we draw upon to support pupils' social, emotional and mental health.

We deliver a wide range of learning opportunities, support programmes and interventions from whole class work on wellbeing aspects to small group programmes and one-to-one sessions (with our Learning Mentor or trained TA). We work with a number of outside agencies such as CAMHS (Child and Adult Mental Health Service), the LSS (Learning Support Service), the Educational Psychology Service, School Nurse Service and others to ensure that we can provide the best experiences and support for your children. Both our Learning Mentor and SENDCo are Mental Health First-Aiders and Miss Lovell is our Senior Mental Health Lead.

### **Emotionally Friendly Settings (EFS)**

We are proud to be an Emotionally Friendly School and have received our Bronze Accreditation, from the Educational Psychology Service in Salford for the second time in 2021, and are currently working towards accreditation again in 2024. Emotionally Friendly Settings is a whole-school approach to improving children and young people's emotional health and well-being to enable them to succeed and thrive. Through this work, we ensure



that the wellbeing of both our children and staff remains a school improvement priority. Further information can be found here: <https://www.emotionallyfriendly.co.uk/>

### **What do we currently do for mental health and wellbeing for our pupils and staff?**

- We have a designated Senior Mental Health Lead and Wellbeing Champion in school that is responsible for promoting wellbeing for our staff and pupils (Miss Lovell).
- We have an EFS Team made up of the following staff champions: Miss Lovell, Miss Hopkins, Mrs Cope, Miss Cunliffe, Miss Lomax, Miss Ford, Miss Morris, Mr Hargreaves and Mrs Boardman.
- We have nominated school council members in each class to represent their peers and gain feedback. Our School Council members are also Wellbeing Ambassadors who discuss ways to improve school for their peers and for their peers to talk to if they wish.
- We have an 'open door' policy for our parents to discuss any concerns about their child with their class teacher.
- We ensure effective transition arrangements, including extra transition sessions and meet the teacher sessions for when a pupil may require support with transition
- We have a range of physical lunchtime activities and quieter lunchtime clubs to promote positive wellbeing and support for pupils who find busy lunchtimes stressful.
- We have positive behaviour systems in place to promote positive social behaviour.
- We have mental health and wellbeing assemblies to promote resilience and self-management.
- We have a PSHE curriculum that helps pupils to build important life skills and strategies to support positive mental health.
- Our ethos is to promote supporting the development of skills and character traits based around our 5 R's: responsible, resilient, resourceful, reasoning and reflective— as we understand these to be key to future success.
- We have a Staff Wellbeing Charter and Strategy.
- We include World Mental Health Day and Mental Health Awareness Week in the school calendar and plan activities for the whole school.



### **Referrals**

We can also refer to a wide range of other support and agencies across Salford and beyond. Referrals are made by our SENDCo or Learning Mentor. More information about our SEND offer can be in our SEN Policy in the 'policies' section of the website.