

# Being Mentally Healthy at Springvale Primary School



Welcome to Springvale Primary School. Our school has a fantastic track record for physical education, sporting events/fixtures and competitions. We also have a significant number of popular and exciting clubs to enhance our sporting offer to keep pupils and staff fit and healthy. When surveyed, our parents highlight sport and fitness as key strengths and say that our offer meets the needs of all pupils' abilities and confidence levels.

Over the last 4 years our staff have rapidly developed their knowledge and expertise in mental health to be able to help every child to feel safe, happy and secure in our school. This document highlights our belief that having a healthy mind is just as important as having a healthy body.

The following approaches are taken in school:

- Wellbeing approaches for all pupils (universal offer)
- Additional provision (small group work or extra support when required)
- Counselling at Springvale Primary (targeted support)
- Welfare provision (external support)

## WELLBEING APPROACHES FOR ALL PUPILS AT SPRINGVALE PRIMARY

At Springvale we follow the approaches below to support all pupils:

- We meet and greet each child daily as they arrive
- We get to know the children as individual learners and people- this helps us to understand their likes and dislikes and what makes them special
- We also get to know the families that support the children and communicate with them regularly and openly
- All classes have calming environments and spaces to work quietly if required (e.g. if a child is upset or anxious)
- All teachers/support staff have had emotional support training and have access to training materials about ACE (adverse childhood experiences)
- The Senior Leadership Team have had significant safeguarding and mental health training
- Since 2020 we have had a subject leader for wellbeing- this is Mrs Wildsmith
- Since 2020 we have had a specialist TA for wellbeing- this is Mrs Kent
- We have revamped and thorough wellbeing, computing, PE and SRE curriculum/policies so that all pupils know how to keep themselves (and their body) safe and healthy (including dangers online)
- We use a full programme of learning called 'One Decision' that meets, and goes beyond, the PHSE National Curriculum. This covers all classes from F1 to Y6.
- We have a weekly wellbeing theme that is covered in assemblies and shared with all families.
- Our weekly sticky questions encourage discussions at home and in school to build confidence in speaking out about our views and concerns
- Our new school rules focus on 'resilience and bravery' as these are key features we wanted to develop further when we reviewed our Behaviour Policy in 2021
- Regular and ongoing reward systems linked to positive effort, achievement, progress and behaviour at classroom and whole school level
- We have a wellbeing library in school where pupils can access specialist books on topics like online safety, bullying and bereavement. This library is growing all of the time with books that are recommended by specialists.
- We have worry monsters around school that children that use to share their worries if they are not comfortable enough to tell an adult



- All sensitive lessons (SRE/online safety) have an 'anonymous question box' so that pupils can ask about things that worry them discreetly
- Special event days across our calendar based on issues like Online Safety
- Special visitors to lead assemblies on issues like diversity, charity, road safety, etc and a Y6 visit to Crucial Crew
- An annual sports and wellbeing awards held at the local secondary school with medals, rewards and inspirational speakers
- An active Twitter feed and website that is used to shared regular support tools and information with families
- Regular sporting opportunities/clubs/events to ensure a healthy body for all pupils
- Information within the curriculum about the importance of sleep and a good diet
- Posters and supporting information for families and (specially adapted) for pupils to share key safeguarding information and who you can talk to about concerns
- Y5 and Y6 pupils trained to be wellbeing leaders to support younger pupils
- A staff team and Governing Body who prioritise mental health and physical health for all pupils in their care

## **ADDITIONAL PROVISION AT SPRINGVALE PRIMARY**

Some pupils can have their wellbeing needs met in the classroom or through the whole school systems mentioned in the section above.

Where pupils have a more specific or urgent need we have a fully trained TA with responsibility for wellbeing who works with individual pupils and small groups.

Mrs Kent is our wellbeing lead TA.



Mrs Kent will support pupils in sessions that are tailored for their needs and any particular issues that have arisen. These needs might be around friendship issues, confidence issues, perhaps a member of the family has fallen ill or a pet has passed away? Where a child's need is significantly concerning or where this level of support is not successful we will escalate the child's need, with the prior blessing of their family, to counselling or welfare provision. Mrs Kent builds a relationship with the key pupils in her care and feeds back to staff (and parents where required) about any successes or issues.

Pupils who are on the SEND register may have additional provision as part of their personalised plans for social, emotional or mental health support. This could include specific time and interventions led by adults or supported by adults to ensure that children are developing their confidence levels in social situations.

A small number of pupils with either special educational needs or additional support attend daily wellbeing breakfast sessions led by Mrs Cliffe.

## COUNSELLING AT SPRINGVALE PRIMARY

Hello. My name is Val Cortese and I am a children's therapist at Creative space, working with children & young people through creative therapies. I use creative resources to support children in a comfortable space which enables them to explore their emotions and feelings. I then feedback to school leaders and create plans about the further support that is required. We review pupils after 6 sessions and feedback to parents about progress and next steps.

I have thirty years' experience of working with children and families as a social worker and therapeutic practitioner. I support children with many issues enabling them to make sense of past and current experiences to feel emotionally balanced again.

I had the pleasure of being guided round the school before I joined the team by two year six pupils who did an amazing job of explaining the ethos of the school which included their thoughts and feelings. It was great to hear how happy they felt and their interest in the service I am due to provide.

They were amazing...a credit to the school, their families and the teaching staff.

I am really enjoying my time at Springvale and, hopefully, making a difference to the pupils and their wellbeing.

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## **ADDITIONAL PROVISION AT SPRINGVALE**

If you feel that your child (or family) are in need of ongoing and regular support for any reason then please let us know.

Since COVID many of the services that we signpost to have experienced a rise in referrals, and many have also seen their resources reduced, so it is vitally important that we reach out to them as soon as possible.

The school has strong relationships with various health and care partners within Barnsley Local Authority including but not limited to:

- Family support workers
- Public Health Team
- Health Visitors
- Bereavement Counsellors
- Pay therapists

Our Public Health Nurse is Jo Bissell and she can assist with medical needs or issues such as sleep, diet and toileting etc. With parental support we can make referrals to this service for advice and guidance.

If you have any concerns about your child's health, behaviour or wellbeing you can approach us and we can put you in touch with the most relevant person or service.

If your child experiences loss within their family we can refer to the bereavement services to provide bespoke counselling.

If your child has a significant need, or they are not reaching their potential despite being well supported at home and school, we may consider a meeting to discuss the issues being encountered. This is called an Early Help Assessment (EHA) meeting where family members, key school staff and external services work together by holding regular Team Around the Family (TAF) meetings to log what is working well and what needs to be done to improve matters further. Action plans are drawn up and monitored at regular meetings. Evidence of EHA documents and TAF meetings, plus evidence of parenting courses, are now required before pupils can be referred to the ASDAT pathway at New Street Clinic for an ASD (Autistic Spectrum Disorder), or to CAMHS for an ADHD/ADD (Attention Deficit and Hyperactivity Disorder/Attention Deficit Disorder) and many other SEMH (Social, Emotional and Mental Health) needs.

CAMHS- Child and Adolescent Mental Health Service  
ASDAT- Autistic Spectrum Disorder Assessment Team