

Mental Health & Wellbeing at Shobnall Primary & Nursery School



*“Very little is needed to make a happy life; it is all within
yourself, in your way of thinking.”*

Marcus Aurelius Antonius



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INTRODUCTION

At Shobnall Primary & Nursery School, we are very proud to state that the wellbeing of our whole school community is of paramount importance. We understand that issues around wellbeing and mental health are rising nationally. Therefore, in December 2018, Shobnall Primary & Nursery School achieved the Wellbeing Award for Schools (WAS Award) which was the recognition of our work and ethos which is now embedded in everything we do. This was reverified in February 2022 for a further three years!

We firmly believe that Shobnall Primary & Nursery School develops, nurtures and supports its pupils, making them fully prepared for life in the 21st century.

This booklet will provide you with very useful information about what we do to support the mental health and wellbeing of all within our community, inclusive of pupils, staff and parents and the services we are able to offer.



“For everyone, wellbeing is a journey. The secret is committing to that journey and taking those first steps with hope and belief in yourself.”

Deepak Chopra



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MEET OUR WELLBEING TEAM



MR ADAMS



MISS BREWIN



MRS KNIGHT



MISS LORD



MRS JOHNSTON



MRS MARSTON



MRS LEEDHAM



MR ROWLEY

At Shobnall Primary & Nursery School, our team offer a range of services and interventions to support our pupils' wellbeing.



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POSITIVE PLAY

Our Positive Play Leaders, Mrs Leedham and Mrs Marston, are skilled practitioners with a wealth of experience and knowledge in supporting the emotional mental health and wellbeing of children. They receive regular training to assist them in delivering structured one-to-one and group sessions in a sensory environment using the natural medium of play.

Working within our fully equipped and well-resourced nurture room, these sessions are tailored to meet individual needs, assisting in developing pupils' listening and communication skills, addressing anger management issues, helping them to deal with the consequences of their actions and engage with their feelings and emotions.

The aims and objectives of the Positive Play Programme:

- Allow young people a space to express and communicate feelings and difficulties in their lives, through a variety of media in constructive rather than aggressive ways and in a safe non-threatening environment.
- Help young people feel good about themselves and raise self-esteem by providing activities that look at their strengths and by valuing what they do.
- Provide a non-authoritarian, supportive, reliable, safe, unconditional relationship within the school and other settings.
- Provide some of the early experiences that may have been missed but which are necessary for formal education and social interaction.





ELSA – EMOTIONAL LITERACY SUPPORT

WHAT IS ELSA?

There will always be children and young people in schools facing life challenges that detract from their ability to engage with learning. Some will require greater support to increase their emotional literacy than others. ELSA is an initiative developed and supported by educational psychologists. It recognises that children learn better and are happier in school if their emotional needs are also addressed.

The majority of ELSA work is delivered on an individual basis, but sometimes small group work is more appropriate, especially in the areas of social and friendship skills. Sessions are fun, we use a range of activities such as: games, role-play with puppets or therapeutic activities such as mindfulness or arts and craft. ELSA sessions take place in our very own 'ELSA room' which provides a calm, safe space for the child to feel supported and nurtured with our trained ELSAs, Mrs Johnston and Mr Rowley.

In ELSA we aim to provide support for a wide range of emotional needs:

- Recognising emotions
- Anxiety
- Self-esteem
- Social skills
- Friendship skills
- Anger management
- Loss and bereavement

HOW DOES ELSA WORK?

Children are usually referred for ELSA support by their class teacher, Senior Leaders or, on occasion, the SENDCo. We identify and prioritise which children require a weekly programme for around 6-8 weeks. With the programme aims in mind we then plan support sessions to facilitate the pupil in developing new skills and coping strategies that allow them to manage social and emotional demands more effectively.

Remember, ELSAs are not there to fix children's problems. What we can do is provide emotional support.

We aim to establish a warm, respectful relationship with a pupil and to provide a reflective space where they are able to share honestly their thoughts and feelings.

It needs to be appreciated that change cannot necessarily be achieved rapidly and is dependent upon the context and complexity of the presenting issues. For children with complex or long-term needs it is unrealistic to expect ELSA intervention to resolve all



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their difficulties, however support will be designed to target specific aspects of a child's need. Training and development of ELSAs is an ongoing process and wisdom is required to recognise when issues are beyond the level of expertise that could reasonably be expected of an ELSA. In these cases, school supports parents with referrals for specialist counselling, play therapy or to CAMHS. The Educational Psychologist that works with our school has regular supervision sessions with our ELSA and is able to offer advice on suitability or nature of ELSA involvement in complex cases.



MHST – MENTAL HEALTH SUPPORT TEAM

The wellbeing of pupils at Shobnall Primary & Nursery School is supported by the Mental Health Support Team, who have led training sessions for staff. The Mental Health Support Team work with individual children who are finding certain situations difficult or who are generally suffering from anxiety.

If you are worried about your child, please inform the school office at shb-office@shb.jtmat.co.uk or Mrs Knight who can advise you or make a referral to the team.



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MENTAL HEALTH FIRST AID

Mr Adams, Mrs Marston, Miss Lord and Mrs Knight are qualified Mental Health First Aiders in school who are part of a community of hundreds of thousands of people in England trained to support themselves and each other. A Mental Health First Aider can:

- understand the important factor affecting mental ill health;
- identify the signs and symptoms for a range of mental health conditions;
- use ALGEE to provide Mental Health First Aid to someone experiencing a mental health issue or crisis;
- listen non-judgmentally and hold supportive conversations using the Mental Health First Aid action plan;
- signpost people to professional help, recognising that the role does not replace the need for ongoing support.

Mr Adams has also undertaken Senior Mental Health Lead Training with the Anna Freud National Centre for Children and Families.





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THEME WEEKS

At Shobnall Primary & Nursery School we have raised the awareness of wellbeing and mental health by running themed-weeks in school.

HEALTHY HAPPY CHILDREN WEEK

Schools in the JTMAAT have taken part in 'Happy Healthy Children Week', which was designed to ease children back to school after the Christmas holidays and into the spring term.

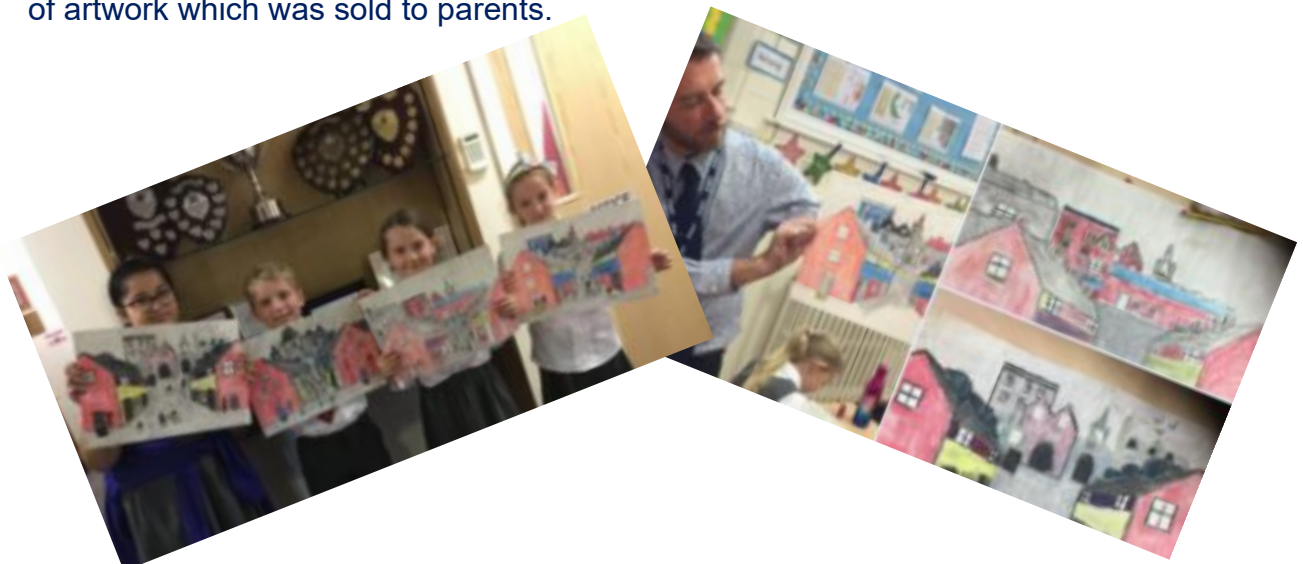
Activities included:

- Meeting a therapy dog
- Offering staff and parents free health checks
- Yoga sessions
- Thai Chi
- Recognising the importance 'being active' can have to maintain a positive wellbeing
- The impact of worrying and strategies to cope
- Stress of tests and exams and much more!

Happy Healthy Children Week was publicised in the Burton Mail in January 2020.

NHS WEEK

In September 2020, Shobnall Primary & Nursery School and other schools in the JTMAAT took part in NHS Week to raise money for Burton Hospital and the wonderful professionals who continue to take care of many of our loved ones. This was an incredible week where each class were inspired by an artist to create their own piece of artwork which was sold to parents.





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CONFIDENTIALITY

All information relating to support sessions is protected and treated with the greatest respect and confidence. As this is a school service, the Headteacher and Class Teacher are normally consulted for further information relating to the child/young person's difficulties, unless permission is refused for this contact.

At times, and in exceptional circumstances, it may be necessary for certain information to be shared with other agencies. For example, if there are safeguarding concerns.

FURTHER INFORMATION

For further information about Mental Health and Wellbeing at Shobnall Primary & Nursery School, and for information related to the support services we provide please call us on **01283 247410** or email the school office at shb-office@shb.jtmat.co.uk.

