

Mental Health and Well-Being Intent Statement

At Tillington Manor Primary School we strongly believe in putting the whole child first. We understand the importance of children feeling safe and happy. We have put a lot of emphasis into Wellbeing and Mental Health, training our own staff to ensure we are equipped to deal with issues that arise or can help children and families with outside support where needed.

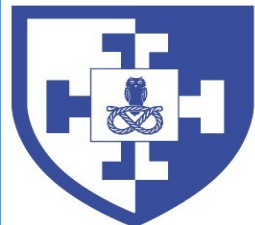
At Tillington Manor we aim to promote positive Mental Health and Wellbeing for our whole school community (children, staff, parents and carers) linking to Article 42 (UN Convention on the Rights of the Child) "every child has the right to the best possible health". We pride ourselves on supporting pupils, parents and staff with mental health and well-being information and training, which underpins our belief that good mental health is achieved when the whole school community works together, knowing that we all have a role to play.

How important is Mental Health and Well-being at Tillington?

We recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health. It is fundamental to our philosophy and ethos of valuing everyone, caring for each other and achieving excellence. We work together as a school community, staff, students and parents in a supportive, success minded and challenging environment to maximise opportunities and achievements for all. Over the course of their education, children spend over 7,800 hours at school. With such a huge amount of time spent in the classroom, schools provide an ideal environment for promoting good emotional well-being and identifying early behaviour change and signs of mental distress. At Tillington Manor we believe that social and emotional skills, knowledge and behaviours that young people learn in the classroom can help them build resilience and set the pattern for how they will manage their mental health through their lives.

What support is there in school?

Since 2014 Social, Emotional and Mental Health (SEMH) has become a category of Special Educational Needs. Children with SEMH need will receive support in school. In our school we have Mrs Brockhurst (Headteacher) as our Senior Mental Health Lead. We have a dedicated room, The Hive, where our Family Support Worker, Mrs Rogers, is based. She is a qualified Mental Health First Aider and works with all stakeholders to support SEMH needs and concerns, plus providing advice. Miss Lee-Rogers, based in The Nook, is our school Emotional Literacy Support Assistant (ELSA) and she works directly with pupils who may be experiencing SEMH difficulties. We work closely with outside agencies including Mental Health Support Team (MHST), Child and Adolescents Mental Health Service (CAMHS), the Educational Psychology team and Behaviour support to ensure the best outcomes for our children. This supports our motto of 'working together to achieve the best!'



How can we help?

Improved mental health starts with a conversation. Achieving that first step- mustering the courage to share something so deeply personal and troubling -needs support, understanding and encouragement. This is especially true for children and young people.

We understand that this can be difficult for some, so we have a Mental Health and Well-being Policy, plus other linked policies, which clarify what we look out for and how we approach Mental Health and Well-Being conversations, particularly in difficult circumstances.

If you have any concerns about a child's mental health or wellbeing we are here to help and if we can't, we will signpost you to those who can.

At Tillington Manor Primary School, we offer the following strategies to support your child:

- A PSHE curriculum that is designed to support children's understanding of their emotions. This is built upon as they move through school.
- A Wellbeing room (The Hive) where children can access support in a place that is calm.
- Consultations with external agencies so that you are included in knowing how to support your child's ongoing needs.
- Support within school from Family Support Worker
- Support within school from ELSA (Emotional Literacy Support Assistant)
- Assemblies which explore mental health and well-being, mindfulness, mental well being and the UN rights of the child
- An inclusive school that is open and welcoming to all

If you think you may need help in any way please contact us on lr Rogers@tillingtonmanor.staffs.sch.uk

Key contacts

Senior Mental Health Lead and SENCO(DSL) :Mrs Brockhurst

Family Support Worker: Mrs Rogers (DDSL)

Inclusion Lead and SENCO (DDSL): Miss Hall

Emotional Literacy Support Assistant (ELSA): Miss Lee-Rogers

Safeguarding Governor: Mr Simon Rowland