



Wellbeing and Mental Health Intent Statement

March 2022

At Red Hall 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. We are also working towards the Wellbeing Award in Schools (WAS). This will help underpin our belief that good mental health is achieved when the whole school community works together, knowing that we all have a role to play.

At Red Hall 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 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 Red Hall 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.

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. We work closely with outside agencies including Child and Adolescents Mental Health Service (CAMHS), the Educational Psychology team and Behaviour support to ensure the best outcomes for our children.

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. 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 Red Hall 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 linked to the Ten Keys to Happier Living (a wellbeing curriculum from Action for Happiness). This is built upon as they move through school.
- A Wellbeing room 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 Pastoral Lead, ELSA (Emotional Literacy Support Assistant), Mindfulness Teacher, School Breathe Breath Coach.
- Daily breathing activities in class.

If you think you may need help in any way please contact us on info@redhall.dudley.sch.uk

Head Teacher: Mrs Tomlinson (Designated Safeguarding Lead – DSL)

Deputy Head: Mrs Shaw (DSL) Senior Mental Health Lead

SENDCo (DSL) and Senior Leadership Team: Mrs Lewis, Mrs Ferguson, Miss Caddick, Mrs Hollingsworth.

Pastoral Lead: Mr Esson (DSL)

Wellbeing Team: Mrs Shaw, Mrs Ashworth (Mindfulness Teacher and School Breathe Breath Coach), Mrs Jones (PSHE Lead), Mr Esson, Mrs Darby, Miss Maney, Mrs Fellows.

Emotional Literacy Support Assistant (ELSA): Mrs Harris

All teaching and support staff

Safeguarding Governor: David Bell