

## **St Helens Primary School Mental Health and Well Being Statement**

At St Helens Primary School, we endeavour to promote positive mental health and well being. We focus on four key elements to mental health:

- Physical Wellbeing – health and mental
- Emotional Wellbeing - self-confidence
- Social Wellbeing - self-esteem
- Spiritual Wellbeing - personal beliefs.

We offer a community of support, and will ensure that:

- We help our children build emotional resilience.
- We help our children to develop self-esteem.
- We help our children to develop confidence.
- We help our children to develop their social skills.
- We help our children to feel valued and a part of our school community.
- We help our children to live a healthy lifestyle.
- We help our children develop their personal beliefs and encourage them to share them.

We provide high levels of pastoral support at St Helens Primary and offer support in the form of check ins, nurture groups, ELSA sessions, play therapy and access to outside agencies including counselling.

We encourage children to talk about any issues that are worrying them, and our staff are mindful of children's emotional and mental well being.

Any concerns are passed to our SENCo (Mrs Marlton) or Designated Safeguarding Officer (Mr Wake and Mrs Leslie) to ensure children are properly supported in school.

We work in partnership with outside agencies, including Child and Adolescent Mental Health Service (CAMHS) and the Hampshire Educational Psychology Team to ensure the best outcomes for our children.