

# WELLBEING AT ST MARGARET'S-AT-CLIFFE C.P. SCHOOL



## **What is Wellbeing?**

Mental wellbeing describes your mental state - how you are feeling and how well you can cope with day-to-day life.

Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year.

If you have good mental wellbeing you are able to:

- ☀ feel relatively confident in yourself and have positive self-esteem
- ☀ feel and express a range of emotions
- ☀ build and maintain good relationships with others
- ☀ feel engaged with the world around you
- ☀ live and work productively
- ☀ cope with the stresses of daily life
- ☀ adapt and manage in times of change and uncertainty

Sarah Stewart-Brown, professor of public health at the University of Warwick and a wellbeing expert, says: "Feeling happy is a part of mental wellbeing. But it's far from the whole.

"Feelings of contentment, enjoyment, confidence and engagement with the world are all a part of mental wellbeing. Self-esteem and self-confidence are, too.

"So is a feeling that you can do the things you want to do. And so are good relationships, which bring joy to you and those around you.

"Of course, good mental wellbeing does not mean that you never experience feelings or situations that you find difficult," says Professor Stewart-Brown. "But it does mean that you feel you have the resilience to cope when times are tougher than usual."

It can help to think about "being well" as something you do, rather than something you are. The more you put in, the more you are likely to get out.

"No-one can give wellbeing to you. It's you who has to take action," says Professor Stewart-Brown.

### **Evidence suggests there are Six Ways to Wellbeing:**



- ☀ Be active: Even 10 minute sessions of physical activity can make you feel good.
- ☀ Give: Volunteer. Do something nice for a friend or stranger. Even small things make a difference.
- ☀ Take Notice: Take time to be aware of the world around you.
- ☀ Keep Learning: Learn something new or boost your skills. Learning new things will make you more confident.
- ☀ Connect: We get by with a little help from our friends. Make sure you stay in touch.
- ☀ Care for the Planet: Look after your community and environment. Be greener.

### **What wellbeing support do we offer at St Margaret's at Cliffe CP School?**

We want to work towards a state of wellbeing in which every pupil:

- ☀ Realises his or her own potential
- ☀ Can cope with the stresses of life
- ☀ Can work productively and fruitfully
- ☀ Is emotionally stable, flexible and resilient
- ☀ Is able to make a contribution to her or his own community
- ☀ Can adapt to whatever life throws at them

### **Circle Time**

Circle time takes place at least weekly in every class. With its co-operative activities and discussion, Circle Time ensures that each pupil gets a chance to contribute and feel valued. Circle Time boosts interpersonal skills, strengthens relationships and enhances self-confidence while allowing the class and its teacher to have fun together. For some children Circle Time may be offered in small groups in order to help fully develop these skills.

### **Worry Boxes**





In each class you will find a Worry Box. These help children put their worries in a special place so that they can be relieved of those worries and engage with the learning. Class teachers will then have a look to see if there is any support they can give the child to help dispel the worry.

### **Drawing and Talking Therapy**

Drawing and Talking is a safe series of sessions for children who have suffered trauma or have underlying emotional difficulties affecting their mental health and well-being. Drawing and Talking therapy supports those who are not realising their full potential either socially or academically.

### **Lego Intervention**

This intervention facilitates group projects with Lego and can help develop and reinforce play skills and social skills such as:

-  Verbal and non-verbal communication
-  Task focus
-  Sharing and turn-taking
-  Collaborative problem-solving

### **Boxall Profile**

The Boxall Profile provides a framework for the precise assessment of children who have social, emotional and behavioural difficulties. It helps teachers to plan focused intervention. The profile provides the teacher with insights and suggests points of entry into the child's world — it supports everyone to think about what lies behind the behaviour.

### **1:1 time to talk**

This is the opportunity for children to sit with an adult and talk about any issues which are concerning them. They are usually no more than ten minutes at a time and a plan will be decided on at the end of each session in order to improve the area of worry and anxiety.

### **Multi agency referrals**

Some families and individuals will need more individualised and intensive support. If this is required we have access to a range of agencies that can draw up a plan and help to support children and families.

Examples of possible agencies we can access for wellbeing and mental health are:

- Early Intervention and Preventive Services (see [www.kent.gov.uk/earlyhelp](http://www.kent.gov.uk/earlyhelp) for more information)
- School Nursing team
- Paediatrician
- CAMHS (Children and Adolescent Mental Health)
- Bereavement counselling
- Domestic violence support and counselling

Further information about these services can be obtained from the school. (see details below)



#### **To Summarise:**

We know more than ever before about what helps to develop healthy minds and happy, confident and creative children. If children have been emotionally thrown off track, either temporarily or over longer periods, we need to offer directed support and strategies to help them to re-engage. At St Margaret's-at-Cliffe CP School we have a range of support to offer families and children ranging from whole class, to small group to individual interventions and therapies.

#### **Contact Us:**

If you wish to speak to us further, speak to the class teacher in the first instance, they can then discuss your worries and concerns and work with you to develop a plan to help. If you need more complex support or feel a referral to another agency may be required; please contact the SENCO, Mrs Rachel Hindle. She can be contacted via the school office; on the school phone number (01304) 852639; or by email at [r.hindle@st-margarets-dover.kent.sch.uk](mailto:r.hindle@st-margarets-dover.kent.sch.uk)