

9. Activity title : Mental Health and Wellbeing

Activity Lead: Jill Watkins/Pastoral Team

SDG Links: 3

Whiston Willis Primary Academy achieved the WELLBEING AWARD and is identified as a welcoming, inclusive, positive, calm and engaging school, where everyone is cared for, valued, nurtured and encouraged. Excellent leadership is a key factor in understanding the success of the school in promoting emotional wellbeing and mental health as core to the whole school community. The financial investment, skills, commitment and approach of the whole school community has created innovative ways of working and a seamless and consistent, welcoming, happy, inclusive, respectful, supportive, safe, engaging, creative and aspirational culture.

Mental health and wellbeing are key priorities for the school and these are evident in the excellent school vision, values, key priorities and strategy, which are all reflected in the positive culture and ethos of the school, are central to the success of the school, and have created a sense of autonomy, belonging and shared responsibility.

An open door policy, morning greetings on the playground, identifying and listening to the needs of others, monitoring and evaluation, effective communication with the whole school community, implementing change and empowering people are very much part of how the school has achieved a sense of connection where pupils, families and staff are confident to ask for or seek support and staff are confident in identifying those who require support and signposting and/or providing support. The Wellbeing Award evidence and interviews demonstrated how extensive and open this feature is, with staff going above and beyond what is expected to ensure that the whole school community is supported.

Highly skilled and dedicated staff identify those in need and provide whole-school and targeted social, emotional, wellbeing and mental health activities and interventions. Staff deliver engaging, meaningful and positive lessons and all school staff role model respect, support and empathy.

Day-to-day and longer-term emotional wellbeing and mental health activities have continued to flourish and include:

- Development of the “worries and wishes” whole school support system
- Training the pupil wellbeing monitors using the free Anna Freud peer mentor
- An additional Learning Mentor employed to support wellbeing across the school for pupils.
- Staff member trained in ELSA for EYFS and delivering this through EYFS (Reception). One other member delivering through KS1/KS2.
- Relaxed Kids intervention through KS1 and KS2.
- Bespoke curriculum for 5 pupils (Y1/Y2) within the Kingfisher room x5 morning per week.
- Lego Therapy Training delivered to staff across phases to support key pupils.
- Learning Mentor has developed the Wellbeing Garden

- Umbrella Project installation in school Summer 22. This project helps to raise awareness and understanding of neurodiversity.
- A broad and inspiring curriculum with British values woven throughout that includes the development of life skills and the promotion of mental health and wellbeing
- PSHE" Jigsaw" circle time
- Communication friendly quiet reading areas
- Sensory circuits
- Extra- curricular clubs in yoga, sport and mindfulness
- Whole-school "5 ways to wellbeing" activities
- playground and class charters developed by the pupils
- Whole-school involvement in Children's Mental Health Awareness week
- Children's University
- Anti-bullying week, Bully Busters programme, Odd Socks Day
- Recognition of hard work and achievement post cards,
- Classroom "feeling stations" using "Colour Monster" and "ROAR Rainbow"
- GangsMan and equality workshops, safer internet day,