

## **Emotional Health and Wellbeing at Callowell Primary School**

At Callowell Primary School we work towards positive Emotional Health and Wellbeing in the whole of our school community, for adults as well as children.

We support the National criteria, which states: “A healthy school ensures that when pupils are unhappy, anxious, disturbed or depressed there are open channels for them to seek or be offered support, without stigma and with appropriate confidentiality. A healthy school actively seeks to promote emotional health and wellbeing and helps pupils to understand their feelings”.

Callowell Primary School supports and enhances pupil personal development and mental wellbeing, by providing guidance and opportunities to use the ‘Five Ways to Wellbeing’:

### **1. Connect**

- Connecting with family, friends and people around you at home, school and in your community will enrich and support you every day.

### **2. Be Active**

- Exercising makes you feel good. Find something you enjoy such as dancing or going for a walk.

### **3. Take Notice**

- Be curious and ask questions, remark on the unusual, savour the moment, be aware of the world around you. Reflecting on your experiences will help you to appreciate what matters to you.

### **4. Keep Learning**

- Try something new or rediscover an old interest. Set a challenge that you will enjoy achieving. Learning new things helps you to become more confident, as well as being fun.

### **5. Give**

- Do something nice for a friend; remember to say ‘thank you’ and smile. Seeing yourself as belonging to a wider community helps you to create new connections with people.

Our Personal, Social, Health and Economic (PSHE) curriculum addresses topics such as resilience, mental health, mindfulness, bullying, bedtime routines, healthy relationships, protective behaviours, body image and peer pressure, amongst other PSHE related topics.

These topics are revisited regularly, from Reception to Year 6, to instil good habits and embed coping strategies in our pupils.

Pupils are supported through small group work and class based lessons, as well as individual support programmes where appropriate. Regular assemblies highlight the importance of good mental health and the '5 Ways to Wellbeing'.

At Callowell, it is not only the emotional health and wellbeing of the pupils that we consider but also that of the staff. The systems we have in place to support the staff reflect those of the pupils, for example we have a team who make time for any member of staff requiring support or a listening ear.

For further information please refer to our Emotional Health and Wellbeing policy. If you have any questions, concerns or would like some support with any aspect of mental health, please see Mrs Cole who will always make time to see you as soon as possible.