

## Wellbeing at Freegrounds Infant School

At Freegrounds Infant School we aim to promote positive mental health and wellbeing for our whole school community including children, all staff, parents and carers. Emotional health and wellbeing impacts on our daily lives and our ability to learn and cope with the challenges we face every day.



In our school we endeavour to ensure that children are able to manage times of change and stress and that they are supported to reach their potential or access help when they need it. We also have a role to ensure that children learn about what they can do to maintain positive mental health, what affects their mental health, how they can help reduce the stigma surrounding mental health issues, and where they can go if they need help and support.

Our aim is to help develop the protective factors which build resilience to mental health problems and to be a school where:

- All children are valued
- Children understand their emotions and experiences better
- Children feel comfortable sharing any concerns or worries
- Children are able to form and maintain relationships
- Children are taught to be confident and promote their self-esteem
- Children develop resilience and ways of coping with setbacks

At our school, we offer different levels of support:

**Universal support** - To meet the needs of all our children through our overall ethos and our wider curriculum. Our learning values, our SMSC curriculum, Zones of Regulation and Trick Box help to support our children to establish good habits and approaches, create intrinsic motivation and confidence to try new things in new ways and to develop a positive mind-set, building long term resilience and autonomy

**Targeted Support** - For children who may need individual or small group support and targeted interventions such as ELSA, FEIPS or Lego Group

**Specialised Individual Support** - support packages to meet individual needs following advice from outside agency services such as CAMHS, Primary Behaviour Service, Bereavement services and so on.