



## MENTAL HEALTH AND WELL-BEING STATEMENT

---

Mental Health issues affect children and young people as well as adults, with more than 850,000 children and young people in the UK having been diagnosed with a mental health condition.

Since September 2014, Social, Emotional and Mental Health (SEMH) has also become a category of Special Educational Needs. Children with a SEMH need will receive support in school.

At **Henleaze Infant School**, we endeavor to promote positive mental health through our curriculum and pastoral care and will ensure that:

we help our children to build emotional resilience

we help our children to develop positive self-esteem

we help our children to develop confidence

we help our children to develop their social skills

we help our children to feel a valued part of our school

All children have access to a class wellbeing activity every day, based on the NHS “Five to Thrive” categories of “Connect with others; Take notice; Be active; Try something new; Give to others”

We provide high levels of pastoral support and offer support in the form of 1:1 support, social skills groups, a nurture group, PSHE (using the Jigsaw scheme) and access to many outside agencies. We encourage children to talk about any issues that are worrying them, and train our staff to be mindful of children's emotional and mental well-being. Any concerns are passed to our SENDCo or Designated Safeguarding Officer (as appropriate) to ensure children are properly supported in school.

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

We encourage parents who are worried about their own, or their child's mental health to speak in confidence to a member of staff. where appropriate and with parental support, a referral will be made.