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Tea and Topics
20th March 2023

WELLBEING



Key areas to share and discuss today:

- What is Wellbeing?
 - Our Wellbeing Team
 - Wellbeing provision
 - How we promote pupils' wellbeing
 - Parent voice
 - Wellbeing Award
- 

What is Wellbeing?

Wellbeing is defined by the Oxford English Dictionary as “the state of being comfortable, healthy, or happy.”

Wellbeing at school means:

- feeling safe, valued and respected
- being actively and meaningfully engaged in academic and social activities
- having positive self-esteem and a sense of autonomy.

Our Wellbeing Team

- Who's who? -

Blean Primary School Wellbeing Team



Headteacher:
Ian Rowden

Counselling L3, Adult Mental Health
First Aider, DSL

Deputy Headteacher:
Kara Satterley

Senior Mental Health Lead, Wellbeing
change team, Certified Advanced
Education Coach, Supervisor, DDSL

**Wellbeing
Coordinator:**
Lynda Prior

Wellbeing change team, Certified
Advanced Education Coach, DDSL

Inclusion Lead:
Nicki Llewellyn

Certified Advanced Education
Coach, Child Mental Health First
Aider, DDSL, [SENCo](#)

Pupil Parent Mentor:
Justine Gibbens

ELSA, Wellbeing change team
Attendance, First day calling

EYFS Lead:
Lorraine Watson

DDSL, Supervisor

**Wellbeing Staff
Ambassador:**
Jill Cook

HLTA, Wellbeing change team

PSHE Lead:
Rosie Bransfield

Teacher, JIGSAW lead

**Draw and Talk
Therapist:**
Carrie Greenhow

Draw and Talk pupil therapy

**Behaviour and
Wellbeing Governor:**
Nina Hunt

Governor, Parent

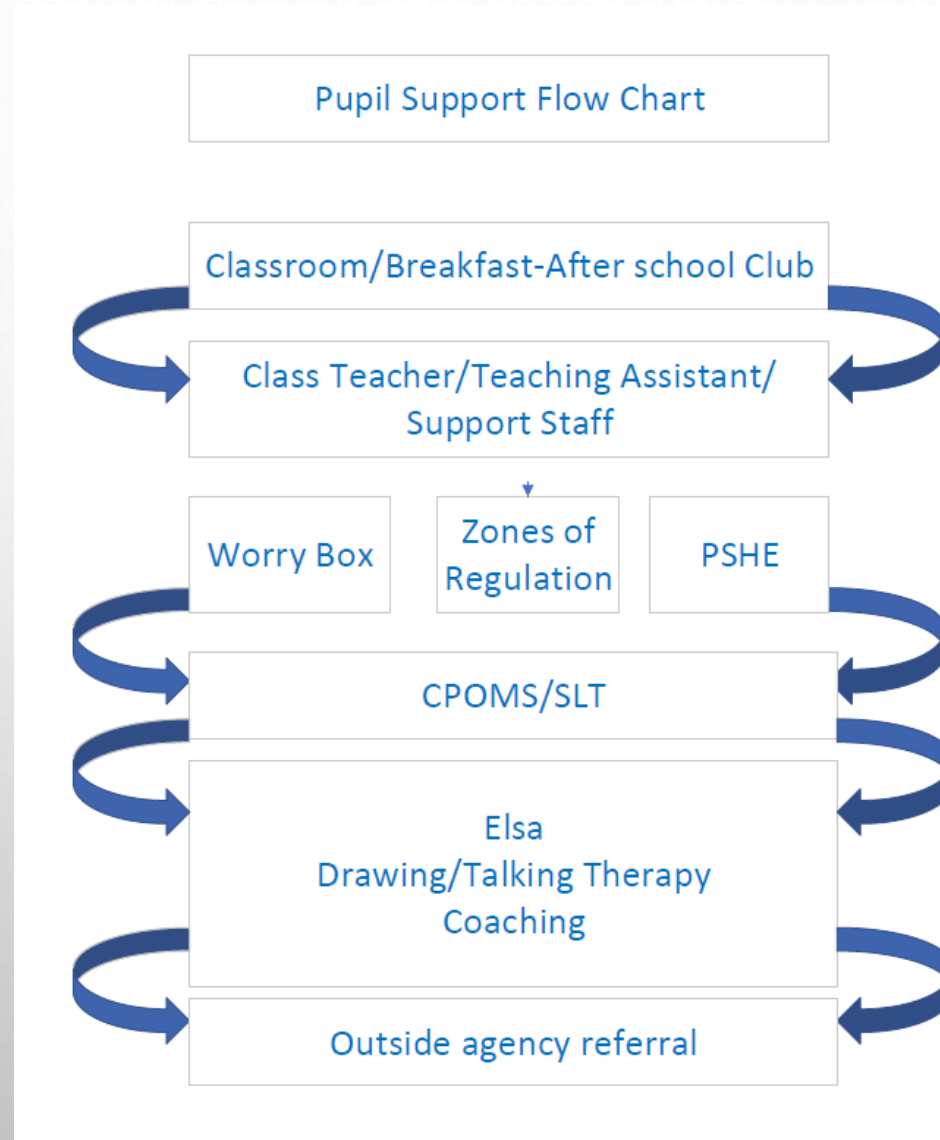
School Council Lead:
Tom Hunt

Teacher, Pupil Voice

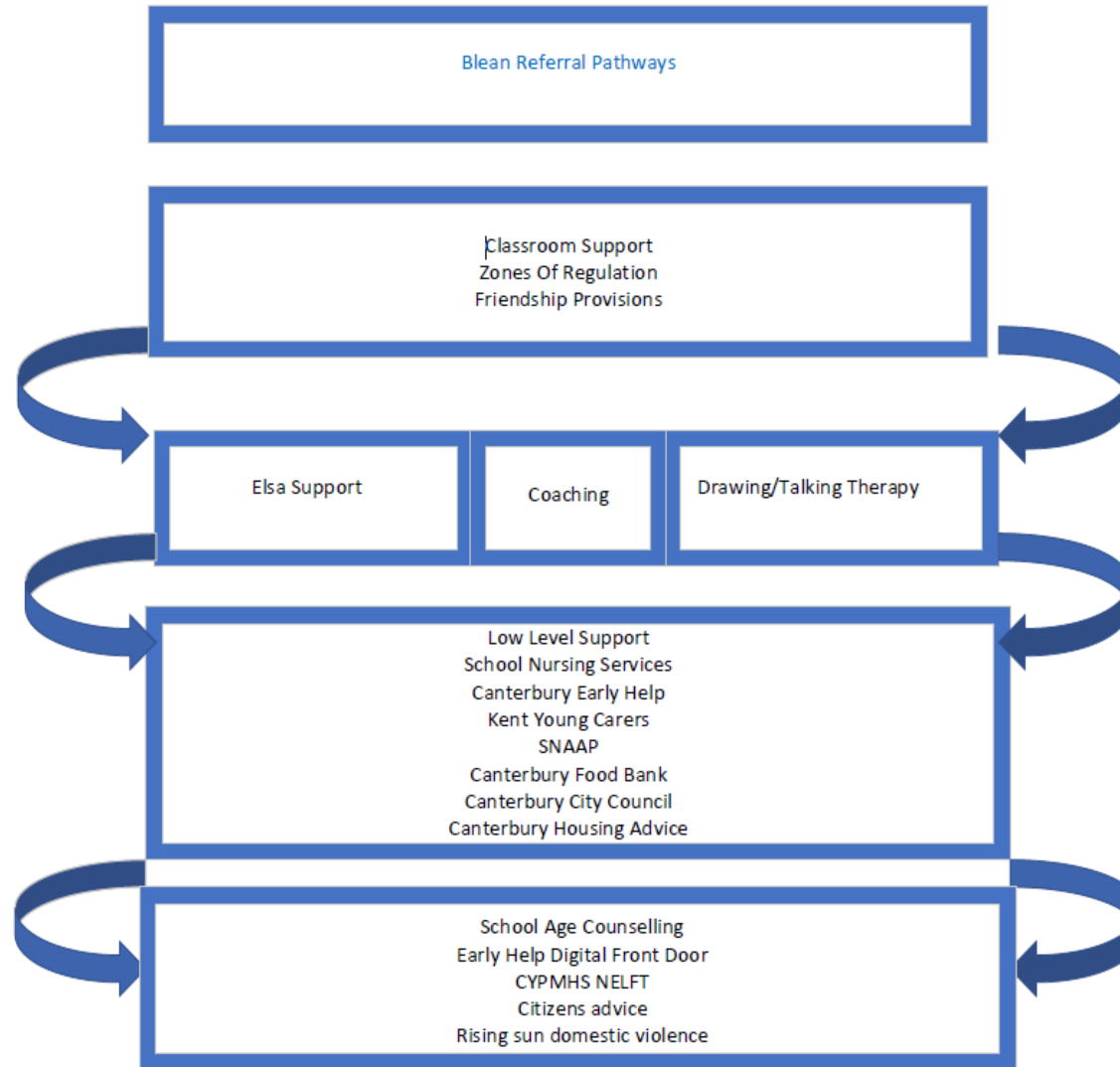
What provision do we have in place to support your children's wellbeing and positive mental health?

- Zones of Regulation to enable children to identify and talk about their emotions ('red, yellow, blue, green zone')
- Regular PSHE lessons using our new JIGSAW scheme
- Worry boxes/Worry monsters/Calm spaces/Sensory room
- Pupil/Parent mentor and ELSA (Emotional Literacy Support Assistant)
- Drawing and Talking therapy
- Learning coaches to support individual children
- Tutoring to boost confidence and self-esteem
- Coaching to enable individuals to focus on specific targets
- Access to outside agencies where appropriate

Pupil Support



Outside Agency Support



How do we promote wellbeing and positive mental health?

Pupil Voice:

- *'Wellbeing means you are okay, safe, happy, healthy and excited.'*
- *'Wellbeing is our emotions and how we are feeling.'*
- *'It is our mental health and having a healthy mind.'*
- *'Wellbeing is about our safety, happiness and security.'*

Children can share how their wellbeing is supported in school through talking to adults and friends about their worries and emotions.

Children tell us that adults are very supportive and look after them – *'they can see our emotions through our facial expressions or body language too.'* They are able to talk about how they help each other and themselves when they are feeling sad or have a worry. Children are encouraged to share their feelings in a safe and supportive environment.

What else can we do to further promote wellbeing and positive mental health?

Parent Voice:

- As parents, what would you like to see in place to further support your child's wellbeing and mental health?
- What, as a school, can we do or put in place to enhance our wellbeing offer?

The Wellbeing Award

The Wellbeing Award for Schools focuses on areas of evaluation, development and celebration of the work of schools in promoting and protecting emotional wellbeing and positive mental health.

It is an opportunity for us to receive acknowledgement for the good work we already do, as well as continue to improve our wellbeing offer to our whole school community of children, staff and parents.



A Summary of the Wellbeing Award

- **Staff wellbeing:**
 - Actively promote emotional wellbeing and mental health for our staff.
- **Positive culture:**
 - Ensure that emotional wellbeing and mental health is regarded as the responsibility of all.
- **Training for staff:**
 - Offer high-quality, ongoing professional development so staff feel confident responding to pupils' needs.
- **Stakeholder participation:**
 - Work with the whole-school community to support emotional wellbeing and mental health.
- **Vision and strategy:**
 - Commit to a clear strategy that promotes emotional wellbeing and mental health.
- **Supportive networks:**
 - Ensure systems are in place to support different types of emotional and mental health needs.

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And finally...

“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.”