ST THOMAS A BECKET RC PRIMARY SCHOOL

MENTAL HEALTH

At St Thomas a Becket RC Primary School we want to help children understand and appreciate that, just like our physical health, we all have mental health. We want our children to be able to know and to understand that we all respond to our experiences, in our everyday lives with our feelings, emotions, thoughts and different behaviours.

It is vital also that children understand how there can be changes in their bodies which are connected to their feelings and thoughts – for example, just as in PE, when our heart beats very fast after we have been running, the same is true when we are excited, nervous or anxious.

By supporting children with these concepts and getting them to think about how feelings and thoughts are linked to behaviour, we can then explain how a combination of all these elements affects our mental health.

Carefully but confidently opening up conversations in our classrooms, dining rooms and playgrounds, we can encourage children to discuss, to learn and realise that mental health is something we all have and that we should be aware of it and learn skills to look after it. That there might be days when we feel sad or we struggle and other days when we feel confident and happy as well as calm. Importantly, we can have a conversation about asking for help when we need support.

How we support everybody's mental health at St Thomas a Becket RC Primary School:

At St Thomas a Becket Primary School, we strongly believe that happy children will learn. We also understand that our children's lives are directly affected by their environment and who they are with on a daily basis. In line with our Mission Statement, this is why we believe in supporting the whole child as well as supporting mental health of all the children, their families, and our staff.

All our staff have regular training linked to safeguarding, supporting children's mental health, and supporting their own mental health.

Support	Description	Who Can Access It	How to Access it
RHE/ PHSE Curriculum: Using the TenTen Programme - Life to the Full Scheme of work lessons to all age groups from Nursery to Year 6.	Life to the Full – Primary A fully-resourced curriculum scheme of work in Relationships and Health Education (RHE) for Catholic primary schools. It is taught with a spiral approach to learning. The programme includes teaching about personal health, physical and emotional well-being, strong emotions, private parts of the body, personal relationships, family structures, trusted adults, growing bodies, puberty, periods, life cycles, the dangers of social media, where babies come from, an understanding of the Common Good and living in the wider world. The entire teaching is underpinned with a Christian faith understanding that our deepest identity is as a child of God – created, chosen and loved by God. The programme is fully inclusive of all pupils and their families.	Pupils & Families	Automatically taught in blocks of weeks

Support	Description	Who Can Access It	How to Access it
Weekly Assemblies	Weekly assemblies, combining with prayer and reflection link to the learning taking place across the whole school during the children's RHE /PSHE lessons. These are planned and delivered by members of the SLT, so all children know that they can approach any adult within the school should they want or need to. There are also assemblies that celebrate difference and diversity. This is to support our children to understand the people and world around them.	Pupils	Presented on a weekly basis
Learning Mentor	We have one Learning Mentor, Ms Smith, at St Thomas Becket School. Learning mentors focus on supporting pupils' mental health at school, at home and in their local community. Ms Smith has a range of support available for children in our school. Her support is delivered 1:1, in small groups or large groups. Ms Smith also supports in class and has an intervention away from class or within a family context (but on school premises only).	Pupils & Families	Through referral by the child's class teacher or a member of SLT Daily Basis
Nurture Provision	This is a intervention specifically for pupils who have difficulties with attachment, mental health, behaviour or anxiety. It supports and prioritises the teaching and learning of emotional literacy, self-regulation, learning behaviours, social aspects of learning and building self-esteem and resilience.	Pupils	Through referral by the child's class teacher or a member of SLT Daily Basis

Support	Description	Who Can Access It	How to Access it
Quality Intervention	Many class TAs and 1:1 TAs are trained to run additional interventions that support pupils' mental health by meeting their learning, pastoral or sensory needs. These include interventions such as sensory circuits, and sensory room sessions. They are also trained regularly to support pupils who may struggle with attachment, social communication or friendship difficulties within a classroom setting. The pastoral side of TA support is extremely strong within St Thomas a Becket. Many of our TAs are also named key adults for individual pupils who need support.	Pupils	Class Teachers plan and direct TAs tailoring the approach for individuals or small groups
Open Door and Welcoming Policy: SLT Class Teachers	It is regularly communicated through ParentMail and newsletters that St Thomas a Becket has an open door and welcoming policy. Seniors Leaders and teachers will always find time to speak to parents and for long and more confidential matters, appointment can be made daily.	Parents	Parents can call or email the school to request an appointment.
Counselling	St Thomas a Becket has one school counsellor, Mrs Beale. Mrs Beale works 2 days across our two sites. The sessions are prioritised for children at the moment but it is recognised that parents receiving counselling could have a direct positive affect on their children's mental health, something we are considering for the future.	Staff & Pupils	Class teachers can refer children, on both sites, to Mrs Cooper (Headteacher) and Mrs Pearson, (Deputy Headteacher).

Support	Description	Who Can Access It	How to Access it
Mental Health in School Teams (MHST)	Miss Northover (SENCo) has worked directly with our MHST Lead. MHST workers are trained mental health practitioners and also able to work directly with parents focusing on how to support their child's mental health at home. For more complex cases that do not meet Early Intervention Tier, CAMHS support the senior practitioner will provide support for that child or family.	Pupils, Parents & Staff	Referral to MHST service by SLT member. Class teachers will speak with Miss Northover (SENCo) who will make the referral
Education Support – Employers Assist	A Royal Borough commissioned service that supports any staff member within St Thomas a Becket Primary School. Education support provides: · confidential emotional support and counselling available 24 hours a day, 365 days a year · up to six sessions of face-to-face or telephone counselling · access to online Cognitive Behavioural Therapy (CBT) · management consultation to support those responsible for managing others · specialist information on work-life balance · financial and legal information · information on local services such as elder care and childcare.	Staff	Staff members are aware of the service and the helpline is displayed on the staff room notice board. Also, SLT or the wellbeing team will always sign post staff to the helpline and service if approached by a staff member or if they identify that a staff member might need the support they provide.
Support	**Description**	**Who Can Access It**	**How to Access it**
Senior Leadership Team (SLT) Open Door Policy	SLT also have an open-door policy wherein staff are able to seek out advice and support from all the senior leaders at short notice enabling staff	Staff	Staff know and are reminded through our

	to express difficulties they are experiencing without long waiting periods.		weekly business meetings that they can always approach SLT.

CHARITIES

There are many excellent charities who are offering advice for parents and carers with regards to supporting not only their child's mental health, but also their own. Please see some links to websites that have a wide range of information that can support you and your child maintain good mental health.

Please follow the links to visit each Charity's website:

NHS Every Mind Matters

Young Minds

NSPCC

MIND

Mental Health Foundation