

## **Wellbeing at George Street Primary School**

### **Intent:**

At George Street Primary School, we want to ensure children become valuable and fully rounded members of society who treat others with respect and tolerance, regardless of background. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play. We believe that the children's wellbeing is crucial for their physical and emotional health and for them to be able to learn. We have therefore developed our curriculum to develop and promote emotional wellbeing.

At George Street, every child has the right to their own opinion. Through our teaching, we promote our pupils' awareness that each opinion is valued and should be respected, even if it differs from others. It enables us to deliver the Equality Act in a child friendly manner and our pupils are exposed to the rich diversity of life in Britain and the wider world.

At George Street, we want children to be equipped with the skills to recognise when their wellbeing dips and what they can do to ensure they have a healthy mind. We want children to understand the importance of wellbeing for themselves and others so that they; develop values and morals, have healthy social interactions and relationships, develop healthy physical habits, have positive mental health and understand how to keep themselves and others safe.

At our school we;

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships
- promote self-esteem and ensure children know that they count
- encourage children to be confident and 'dare to be different'
- help children to develop emotional resilience and to manage setbacks

### **Implementation:**

We recognise the importance of wellbeing being entwined into our everyday learning across all of our subjects. We have adopted the '5 Ways to Wellbeing' and use the areas connect, keep active, keep learning, take notice and give across the curriculum. Teachers plan and teach creative lessons that 'bring learning alive' and incorporate the skills and language used in the 5 Ways to Wellbeing.

In addition to the teaching within the classroom, for the children who need extra support with their wellbeing, the school has a variety of interventions and programmes of study readily available for both teachers and support staff to use to boost children's wellbeing and self-esteem and to give them the strategies needed to support their mental health and to overcome difficult challenges in their life at George Street and beyond. These resources and interventions are particularly well received by our Year 6 pupils when they begin the transition to secondary school.

All staff are equipped with the knowledge and skills needed to identify children's wellbeing needs. If a need is identified, children are given support from both internal and external sources on how best to support the child. Staff are aware of the signs to look out for if a child is having difficulties with their wellbeing and from this, know the steps to take in order to support the child. The school has a designated mental health leader who is trained with knowledge and skills to signpost staff to the best places to gain resources that can be used to help children.

**Impact:**

At George Street, our end goal is to achieve the Healthy Young Minds in Hertfordshire Emotional Wellbeing and Mental Health Kite mark award. The Healthy Young Minds in Herts Accreditation will enable us to achieve kite mark status for our contribution to supporting mental health and wellbeing for both staff and children. It will help us to ensure a consistent holistic approach to school based competency in relation to mental health and wellbeing.

As a result of both our long term and short term goals, we aim that all children will leave George Street at the end of Year 6 equipped to face the challenges that face them in our ever changing world. As well as being able to support themselves, our hope is that all George Street pupils will be able to recognise signs of struggling mental health in their peers and know how to seek support. We wish for George Street pupils to be an ambassador in society to support and uplift those around them.