



Me and my Mental Health



St Thomas' Wellbeing Vision

At St Thomas' Primary School we commit to making it our mission to promote resilience and positive wellbeing for all our pupils, staff, parents and carers.

We understand wellbeing as a state of being comfortable, healthy and happy in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

We have embedded wellbeing into every aspect of our school life and it is woven into our core Christian values of community, compassion, perseverance, faith, trust and joy.

We strive to ensure that mental health is "everyone's business" across the whole school community and aim to provide excellent mental health support, understanding and intervention.



"I come that they might have life and life in all its fullness." The Gospel of John 10 v 10

Three Tiered Approach using IThrive



At St Thomas' we believe that the best way to positive wellbeing is to start with you and what you can do to support yourself.

We have a large team of mental health champions and two mental health first aiders in our school community. Our vision means we put a focus on wellbeing and mental health to aid all aspects of learning.

We use a three tiered and IThrive approach so you have time to try all the strategies offered before asking for help and then more help.

Level one: To use the advice and strategies offered to use in school. Find out which ones work for you and which ones you will keep using throughout your life.

Level two: If you need more help, we can offer some intervention in school. Please ask your teacher to signpost you to the mental health leads in school.

Level three: We can offer to signpost you to outside agencies such as the Mental Health Support Team, Primary Jigsaw and the MASSH.

We feel a time period of three months between each step is appropriate.

Help yourself

There are lots and lots of ways to support your wellbeing, these are just a few that we have found that work in school. Our school website is bursting with ideas too.

<https://www.st-thomasheaton.stockport.sch.uk/wellbeing/>

Books:

My Hidden Chimp

Poppy O'Neil Books

Hey Warrior

Colour Monster

Apps

Chill Panda

Kooth (Yr6)

Cove

You Tube Videos

Mindfulness for kids

Mental health for Kids

Websites

Anna Freud



Strategy Box

Why not make a box full of the strategies that work for you?

You can take any smallish box (shoe box, tissue box etc.), write down some ideas and fill it full of all the things that make you happy. It could be listening to music, keeping a journal, going for a walk, eating a healthy snack, talking to a trusted person, doing some jumping jacks or breathing exercises. There are lots and lots of ideas you can put in your box - but remember, what works for others may not work for you.



Sparkle Group

Sparkle Group is a friendly mental health group that meets once a week to discuss mental health, wellbeing and ways to make yourself feel better. Children are referred through their teacher and they will have a discussion with either Mr Campen or Mrs Boardman (Mental Health First Aiders).

We look at big feelings such as anxiety and worry and the effects it has on our bodies. We find ways to self-regulate and help ourselves when our feelings become overwhelming. We have a circle time check in followed by an activity and a check out.





The Three Tiered Wellbeing and
Mental Health Model at
St.Thomas'



Provision for Wellbeing and Mental Health

Level 1 Thriving

Universal
offer for
every child

- Quality first teaching in all classrooms
- Pupil Check ins
- Worry/question boxes in all classrooms
- Creative and stimulating curriculum
- Carefully planned PSHE curriculum including Heartsmart
- Recognition of protected characteristics
- Access to Bubble/Sensory room in infants
- Governing Body committed to Wellbeing
- Staff/Governors trained to Champion Mental Health
- Positive culture for wellbeing
- Restorative Approaches champions
- Nature group/outdoor learning sessions
- School councils on both sites
- Ethos group in KS2
- 8.45 classrooms open for settling in period
- St Thomas Way reward system
- Class dojo communication and reward system from Y1 upwards
- EYFS share work with parents using Tapestry
- 5 ways to Wellbeing awareness
- Meet the Teacher evenings at start of the year
- Daily Act of Collective Worship
- PTA membership and family social events
- Clear emergency/safety procedures practised regularly – fire alarm and lockdown
- Clear and detailed transition programmes for Y2 to Y3 and Y6 to high school
- Class mixes considered very carefully
- Embedded growth Mind-set culture
- Weekly celebration/certificate assemblies
- Food bank vouchers available for families
- Self-regulation strategies used (Colour Monsters)

<p>Level 2 Getting Help</p>	<ul style="list-style-type: none"> • Early Help Assessment • Sparkle groups for support in KS1 and 2 • SEND register • One Page Profiles • Send support plan • Behaviour and learning plans • Full time Pastoral Lead and non-class based SENDco • Senior Mentor for Behaviour • Greater access to Bubble/Sensory room • Inclusion support service/teacher • Nature groups for outdoor learning • Worry box in classrooms + whole school prayer box • Positive parenting sessions • School nurse ● Meet and Greet at gate ● Extra transition arrangements for Y2 to Y6 and Y6 to high school ● Hardship fund available to parent/carers ● 'New to you' uniform available from school
<p>Level 3 Getting More Help/Support</p>	<ul style="list-style-type: none"> • Mental Health Support team worker – Alex • Educational Psychologist (3 visits per year) • Primary Jigsaw • Family Help Coordinator • School nurse • Inclusion Team • Frequent access to Bubble/Sensory room • Team Teach trained staff • CAMHS referral through GP • EHCP process • Stockport Without Abuse Team • Care/Behaviour plans • Meet and Greet at gate ● Experienced DSL X3 ● 2 fully trained Mental Health First aiders for children