



Stoberry Park School, Wells, Somerset

Tel: 01749 672516 ~ Headteacher Michael Hawkins

Dear Parents/Carers,

As a healthy school we are always striving to make sure that Stoberry's whole school community can stay mentally healthy as well as being physically healthy. Looking after our mind is vital, and must be understood as being just as important as looking after our body. Wellbeing has many components, such as mental, psychological, social, emotional, and spiritual.



Wellbeing is about looking after our 'whole' self. The wellbeing of a person is what is ultimately good for this person, what is in the self-interest of this person. Wellbeing can refer to both positive and negative wellbeing. Feelings of wellbeing are fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life. Past experiences, attitudes and outlook can all impact wellbeing as can physical or emotional trauma following specific incidents



Promoting positive wellbeing is about combining physical exercise, time to talk and to be quiet, time to relax and be mindful, eating healthily and listening to and thinking about how we feel. Sometimes we might feel happy, sad, fed up, angry, frustrated, excited, unsure and this can be very confusing and hard to manage. These feelings are messages that we need to learn to pay attention to, not something to ignore.

'Remember it is ok not to feel ok!'

Within school staff have taken part in a planning meeting working alongside the Educational Psychology Team to develop a comprehensive plan of action to develop our vision of where we want our school to be in terms of mental health and wellbeing (our dream) and some of the action points we have in place to support this.

During this meeting we identified out current areas of strength including:

- 😊 **Jigsaw Scheme of Work (PSHCE)**
- 😊 **Fabulosity Fridays**
- 😊 **Providing children with different opportunities e.g. Legoland trip**
- 😊 **Transition focus – clubs with different teachers**
- 😊 **Play on different playgrounds – whole school belonging (not just year groups)**
- 😊 **Inspire afternoons – parents invited in**
- 😊 **Forest School – outdoor learning**
- 😊 **Staff index – quick check in, starts dialogue, it's OK not to be OK**
- 😊 **Children's visual emotion cards – emotion check in**
- 😊 **School trips part of curriculum – real positive impact on wellbeing**
- 😊 **Social Groups and ELSA – positive impact for individuals that receive this**
- 😊 **EY – failure in play, using that to help build their social/emotional skills – TA staff supporting this**

Through detailed actions we hope to achieve:

- **Resilience in children**
- **Recognising hard work behind success**
- **No time out school – everyone wanting to complete the tasks**
- **Intrinsic motivation as basis for learning**
- **Able to recognise, name and express emotions effectively**
- **Safe opportunities to express emotions**
- **Play and creative opportunities**
- **High levels of empathy – tools to support others emotions**
- **Home-school partnership – two-way communication, approachable, open door, discussions and working together**
- **Parents trusting school – support and understanding**
- **Time to focus on mental health and Wellbeing**
- **Staff wellbeing – happy and looked after**
- **Children confident in emotional literacy**
- **Weekly down time – play (increase confidence and comfortable feelings for emotional expression)**
- **More choice from children – child-led education (Fabulosity Fridays focus)**
- **Whole school belonging**
- **Exciting opportunities – trips, residential, visitors etc.**
- **Building memories as a school**
- **More time in nature e.g. Forest School**
- **Holistic curriculum**
- **More time to talk with children e.g. aspirations**
- **Children listening to each other (and adults)**
- **Seeing the person before the teacher/pupil (everyone is human)**
- **More trust in teachers – everyone (Gov) trusting schools to do their jobs – less scrutiny – Ofsted to consider mental health and wellbeing as part of inspections – mental health and wellbeing equally important as other areas inspected**
- **Everyone caring about each other**
- **More positive language and communications – less negative comments**
- **Always a focus on mental health and wellbeing**
- **Everyone to have a good sense of wellbeing**
- **People able to ask for support**
- **Support for everyone – parents, children, staff etc.**
- **Empowered staff – all staff feel comfortable with each other (all on same team), less unnecessary admin, it's OK not to be OK, able to talk about difficulties with SLT and other staff, wellbeing days, trust (not being checked up on all of the time)**

As part of the government initiative Stoberry Park School have identified Ms K Thomas as Mental Health Lead and Mrs A Davis as Mental Health Champion. Please contact them if at any time via (01749) 672516 or parentmail@educ.somerset.gov.uk if they can support you as a family, or if you are worried about your own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).



Best wishes,
SLT