



Pupil wellbeing: How can we help?

What do we mean by Wellbeing?

We all want our children to be happy and able to emotionally cope with any challenging or stressful situations that they will face as they grow. An important part of this progress is developing positive mental health.

What is mental health?

Everybody has mental health. As with physical health, it runs along a continuum. At different points in our life and even at different points throughout a day, we may find ourselves at different stages of this continuum. This is perfectly normal. To maintain positive mental health, it doesn't mean that life should always be fine and running smoothly. In fact, it is the ability to be able to tackle difficult emotional situations, ask for help if needed and to be able to bounce back that is most important. It is vital that we teach our children to be resilient and provide them with the tools to enable them to deal with any difficulties and problems they may face.

How does Causeway promote and develop pupil wellbeing and positive mental health?

It is important that pupils are taught how to be resilient and how to recognise and celebrate their successes. This encourages a positive self-image and increases their ability to manage emotions. There are four key areas which support positive well-being:

- Physical exercise
- Regular and undisturbed sleep
- Healthy mind, healthy diet
- Understanding and managing emotions.



Physical Exercise: There are opportunities for daily exercise through the 'daily mile'. Being outside in the fresh air also makes us feel more relaxed, so pupils are provided with opportunities for outdoor learning through P.E, forest schools and during some lessons such as science.



Healthy diet: As a healthy school, we encourage a healthy diet. Healthy food workshops are organised for parents and the importance of a well-balanced diet is taught through DT, Science and Jigsaw.

Healthy mind: Through 'Healthy Me' week and our Jigsaw curriculum, pupils are taught how exercise, diet and sleep help create a healthy mind. Opportunities are made available for pupils to take part in mindfulness or yoga exercises during these lessons.



Understanding and managing emotions: Children are taught about positive self-image and how to cope with different situations they may face as they get older through the Jigsaw programme. This also includes team-building, co-operation and effective communication with others.

If needed, mentoring or small group intervention can be provided by the school to support pupils if they are finding aspects of their life emotionally difficult. There are also a number of external agencies or groups who can support children emotionally. Although some of these groups will support pupils within schools, many of them run drop in sessions or have referral processes for parents to refer their child. Some of these groups are listed below. For a further list of services, please visit the Sandwell Family Information Service Hub website.

An Emotional Health and Well-being Service for young people

Beam Sandwell provides a safe place for young people under 18 to talk to someone. It is a friendly place to spend time, play games and talk about how you're feeling if you want to. They run a number of drop in sessions - no appointment is necessary.



Kaleidoscope+ group

Kaleidoscope are a health and well-being charity that promote and support positive health and wellbeing..

Kooth

Kooth is an online support service for children from aged 11-18 years old



Murray Hall Community Trust

Murray Hall are a local charity who work with children and families to make a positive impact on their health and wellbeing.

Sandwell Young Carers

Sandwell Young Carers provide guidance and support to children and young people whose lives are affected as a result of caring for a family member.



More information on all of the above can be found on their websites

As a school we are here to help. If you have any concerns about your child or would just like a chat regarding information within this leaflet, drop in to see a member of staff below:

Family Liaison Officer: Mrs Tracy Tooth
SEMH support: Mrs Debbie Kendrick
SENDCo and Inclusion Lead: Mrs Charlene Degg