

# Wellbeing @ Waterbeach

## A Guide for Parents/Carers

When we have higher levels of wellbeing we may be feeling happy, healthy, socially connected and purposeful. The general trend in schools however points to an increase in stress levels and lower emotional wellbeing. At Waterbeach School, we aim to support all our school community through a variety of means, ranging from policy and quality in-house provision to signposting and working with outside agencies. We have created this handy guide to help parents understand our aims and find out more about what is available for families and children. We have responded to the growing need for wellbeing support through the creation of our Wellbeing Team, led by Mrs Tregoin. We achieved an 'Excellence for Mental Health in Schools Award' which is a celebration of what we do well, and provides us with a framework to help us improve our provision even further.

## What happens when I have a concern?

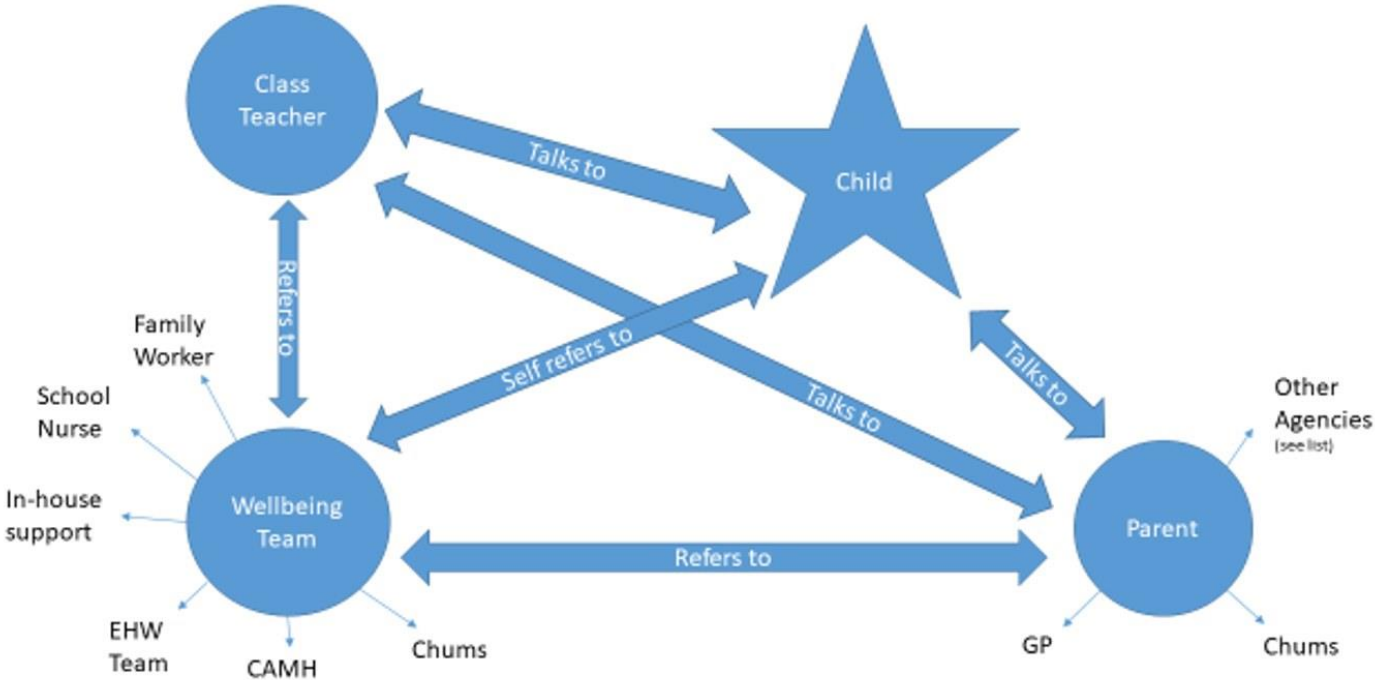


In the first instance it is good practice to talk to your child's class teacher: it is quite possible that they will be able to support your child with a variety of strategies as part of their day to day contact.

For more persistent or significant concerns, you may choose to access some of the support detailed in this document (such as CHUMS), and you or your child's class teacher may make a referral to the school wellbeing team.

If there is an occasion where you feel that your child is at significant risk of harm due to their mental health, it is important to let Miss Green, Mrs Ogilvie or Mrs Tregoing know so that immediate arrangements can be made.

# Who Can we Talk to?



## What is on offer at school to promote emotional wellbeing and positive mental health?



- Our Emotional Wellbeing policy sets out our aims, roles and responsibilities. It is available to read on the website!
- The Wellbeing Team organizes in-house support for children such as nurture groups and mentoring.
- We are able to refer to a variety of agencies such as the school nursing team, CAMH, family workers, Emotional Wellbeing Team and community paediatrics.
- We fund a trained children's counsellor who visits the school weekly
- Our school celebrates success in our Friday assemblies and through open classroom events.
- We have a clear behaviour policy with consistent sanctions and rewards.
- Our house system promotes a sense of belonging and team-work and serves as a bridge between our school and CVC
- Older children may take part in the SHINE award

- We promote healthy eating at lunch and snack time, and ensure that the children are as active as possible during the week through scheduled PE lessons and active learning at other times
- We have improved our PSHE delivery to ensure that it is delivered throughout the school year, by the class teacher, and linked to our whole school assemblies and themes
- We are trying hard to make the most of our school environment, with encouraging messages and reminders about resilience and mental health on the walls, and quiet spaces for reflection and conversation
- We have regular opportunities for student voice through our school council and frequent questioning of the children
- We facilitate a number of extra-curricular activities ranging from Yoga, to Rocksteady, Book and a biscuit, Friendship club, Colouring Club, Stepping Stones, and a number of sports/dance sessions.
- We work closely with the locality team to support families both at home and school through Family Worker support and information about parenting courses
- Our lunchtime club 'The Zone' provides a safe and stimulating environment for learning about resilience, self-regulation and relationships
- We offer 1:1 mentoring when appropriate to address specific areas of need
- There is a clear wellbeing referral system in place within school which is used by students (for self-referral) and staff

## Outside Agencies and Free Sources of Support



You might find these sites useful in terms of information or accessing services such as counselling or support groups:

**CHUMS:** Mental Health and Emotional Wellbeing Service for Children and Young People. <http://chums.uk.com/>

**Keep Your Head:** Cambridgeshire and Peterborough Children and Young People's mental health. <https://www.keep-your-head.com/cyp>

**Centre 33:** Supporting young people through Young Carers groups (from age 8). <http://centre33.org.uk/>