

Mental Health and Wellbeing at Lady Bay

At Lady Bay Primary School, we recognise how important children's mental health and wellbeing is! The entire staff at Lady Bay are committed to promoting children's mental health and wellbeing. The team responsible for mental health and wellbeing include Nicky Oakes as Mental Health Lead, Lisa Smith as ELSA, Rachel Latham as Mental Health Assistant, Cheryl Litchfield as Forest School Intervention and Marj Masters as Mental Health First Aider.

Children need to feel safe and secure in their environment with a healthy level of self-esteem and wellbeing to be able to learn and thrive.

Challenges to mental health have a number of different sub categories; it may be as a result of a medical condition which can be managed with therapy or it can be a result of things not going your way for a while. Whichever the situation, we have a graduated response, listed below, which can be used as a guide. However, it is important to recognise that the response to challenging mental health is dependent on each individual and their situation.

Graduated response to mental health and wellbeing concerns

1. Children and/or parents to speak to their class teacher about their concerns. Class teachers and parents can explore whether there are any potential adjustments that could be made on a class/individual level to improve the situation and prevent further escalation.
2. Referral to school ELSA or Mental Health Assistant. Children can be referred via parents/carers or class teachers. Interviews/play sessions will be arranged to assess the situation in more detail allowing staff to consider the best response moving forward, eg. Weekly ELSA/MHA support time, small group friendship sessions etc.
3. Nurture Passport – children can be given a nurture passport when they have ongoing environmental considerations that ease their wellbeing at school. For example, children may sometimes have sensory overload and need time to self-regulate with some space to read/colour quietly. This information is recorded on a passport that will continue as the child progresses through the school with regular reviews to make sure it is still appropriate. Supply staff can also access the information to enable continuity of approach.
4. Diagnosis – if there is concern that a longer-term issue is present, diagnosis may help the child and their family, friends and teacher to understand certain behaviours that may present themselves. In some cases, children's anxiety is drastically reduced once they realise there is a reason that they feel or think differently to their peers, for example, struggling to understand social cues or not being able to understand jokes could be a result of a child having Autistic Spectrum Condition. If parents/carers would like to pursue a diagnosis please get in touch with the SENCO and Mental Health Lead – Nicky Oakes – nickyoakes@ladybay.notts.sch.uk
5. CAMHs. If parents, carers and school staff still have concerns over a child's mental health and have witnessed no significant improvement to their situation having followed the graduated response then a referral to CAMHs may be made. This can be done by parents independently or in partnership with the school.

Wellbeing Curriculum and Resources at Lady Bay

Jigsaw -RHE Curriculum

RHE is part of the national curriculum. At Lady Bay we have chosen to follow a nationally accredited scheme of work which addresses typical issues that children face growing up in today's world. The scheme of work builds on children's knowledge and experience from previous years and is relevant to the age and stage of the children in each particular year group. The subjects tackled range from relationships with friends and family to self-esteem and maintaining a healthy mindset. The children are taught different methods of calming and mindfulness strategies to maintain healthy levels of wellbeing.

Teachers can be flexible in their approach to Jigsaw in that they can repeat/build on or change the order of lessons depending on need. For example, if there are any incidents involving children falling out over a particular game, work can be done around how best to deal with these incidents in terms of avoidance, damage limitation and prevention of repeated incidents.

ELSA

We have two amazing and dedicated members of staff who are able to support children with their mental wellbeing and promote feelings of self-esteem and mindfulness. Lisa Smith the school ELSA and Rachel Latham is a trained mental health nurse and works as a mental health assistant in school. They have a range of topics that they can help with which can be found on the school website under the nurture section.

The Nest

The Nest is a small, quiet room that can be accessed by children that may need to calm themselves or co-regulate with a supporting adult. The Nest is situated in upper school, the equivalent for lower school is the cube which is accessed via the hall. Photos of these areas can be found on the school website. We also have reading huts outside, provided for children to be able to have a quiet space to sit and reflect.

Forest Schools Intervention

We have a fully trained staff member who can deliver forest schools as an intervention for those children struggling with prolonged anxiety and low self-esteem. Forest Schools involves outdoor learning in a small supportive group with creative activities designed to motivate children to engage with others and build on their feelings of self-worth.

Books

We have a range of support books for children to access via nurture support which tackle a range of different topics – self-esteem, managing worries etc.

Website

There are a number of information posters and videos to help parents support children with feelings of stress and anxiety.

First Aider for Mental Health

We have a fully trained first aider in mental health, Mrs Masters (School Business Manager), who can support and signpost any adults – staff and parents, who find themselves suffering from poor mental health.

To take a look and find more information please click - <https://www.ladybay.notts.sch.uk/nurture/>