

Emotional Wellbeing and Mental Health

The emotional wellbeing and mental health of all is very important to everyone at Iveson Primary School. Good mental health is a vital part of your child achieving their full potential in all aspects of their life and we would like to support you with this. We would like to celebrate the existing work we do and will continue to develop to support mental health and emotional wellbeing across all areas of our school. All pupils, parents and school staff are part of this journey and contribute towards a healthy understanding of the importance of emotional health.

Thank you for your continued support in helping us raise happy, healthy, resilient young people!

Here are some of the things we offer in school;

Wellbeing Wednesday to learn the skills in Iveson’s Wellbeing Toolkit (see below)

Emotional check in opportunities

Help children socially to form and maintain positive relationships

Promote self-esteem and confidence through positive praise and reward systems

Help children to develop emotional resilience and to manage setbacks

A specialist Nurture Lead offering targeted interventions

Opportunities to spend time with Millie the Nurture dog

Transition (these can also be tailored for individual needs)

Family Liaison offering support and signposting to access external support

Pupil voice via Digital Leaders, the comms team, sports leaders

Mental health strategies taught in PSHE lessons

Circle time

PSHE lessons

A variety of after school clubs, visitors and trips

Iveson’s Wellbeing Toolkit

Below is an A-Z of Wellbeing to help everyone think about ways to promote positive mental health. This has been designed by the pupils and staff at Iveson primary school and we practise one skill each week, with a recap week at the end of each half term.

Iveson's Wellbeing Toolkit

A Arts and crafts	B Breathing techniques	C Connect	D Doodle
E Exercise	F Food	G Getting to know me	H Help
I Imagination	J Jokes	K Keep it positive	L Listen
M meditate	N Nature	O Ok not to be ok	P Playing
Q Quiet time	R Read and relax	S Sleep	T Teamwork
U Uncover a new hobby	V Value yourself	W Worries	X Xenagogue (guiding someone)
Y Yoga	Z Zero technology time		

At some time, everyone might find they need to access some additional support for their own or their child's emotional wellbeing. Below are some organisations which may be able to support with this;



A page detailing a variety of places to go for mental health support.

<https://www.mindmate.org.uk/im-a-professional/services-leeds-young-people/>



www.youngminds.org.uk

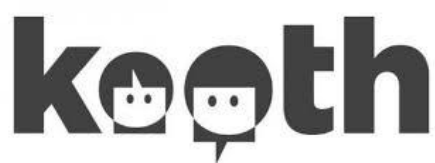
Young Minds is a UK charity fighting for a future where all young minds are supported and empowered, whatever the challenges.

The website has lots of links and information on a wide number of subjects which could be affecting a young person's mental health such as Bullying, Exam stress, Bereavement and anger. They also offer lots of help for parent's and carers who are worried about a young person's mental health.



<http://www.nhs.uk/oneyou/every-mind-matters>

Every Mind Matters has been created by Public Health England, with tips and advice developed with experts and approved by the NHS. It gives you simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. Log on to the website to take a short online quiz for personalised tips and advice.



www.kooth.com

Free, safe and anonymous online support for young people. Kooth is a digital mental health support service. It gives children and young people, aged 11 up to their 26th birthday, easy access to an online team of

experienced counsellors. Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity. It is accessible through mobile, tablet and desktop and free at the point of use



<https://web.ntw.nhs.uk/selfhelp/>

This link to NHS self help leaflets can be accessed for a wide variety of subjects from anger management, sleep problems, anxiety and bereavement. They are accessible online in audio, video or leaflet format with lots of information and links to other useful organisations linked to the topic.



<https://www.winstonswish.org/>

Winston's Wish was the UK's first childhood bereavement charity. They have been supporting bereaved children since 1992 and continue to lead the way in providing specialist child bereavement support services across the UK. Winston's Wish supports bereaved children, young people, their families, and the professionals who support them. You can access Support online or via the freephone number 08088 020021



SAM (Self help for anxiety management) provides users with a symptom tracker, educational articles, external links, relaxation techniques and Coping skills



Calm - Access music to assist with focus, sleep and relaxation



STOP, BREATHE
& THINK KIDS

Check in with how you are feeling and choose one of our missions to help create your very own force field of calm.

For children ages 5 – 10.



Headspace - Everyday Mindfulness and Meditation for stress, anxiety, sleep, focus, fitness and more. Find out what Mindfulness can do for you in just 3 minutes a day.



The Happy Child Parenting app grants access to Psychology, Neuroscience and paediatric research and tips to help raise a happy, well-adjusted child.



The link below is a free resource which has a whole host of support videos/information covering a wide range of topics from anxiety, transition, sleep, mealtimes, starting school, helping your child with reading.

parentingsmart.place2be.org.uk

Here are some useful resources

-  [NHS Sleeping Problems Booklet](#)
-  [Sleep Information - Sleep Hygiene](#)