Mental Health and Wellbeing

Our Moorthorpe Primary Offer

At Moorthorpe Primary school the Mental Health of our school community, and in particular of our pupils, is everyone's business. All staff receive training on mental health and wellbeing however we have two Mental Health Leaders in school: Mrs Hardy and Mrs Grace.

In school we take both a proactive and reactive stance to address on-going wellbeing and more complex mental health issues children may have at some point in their school lives (eg anxiety, depression due to bereavement).

Within our school environment we have created nuture rooms such as the Rainbow Room and The Nest where pupils can feel at ease in a calm, relaxed environment and share their feelings or any worries.

All Staff

- Awareness of all staff in a whole school approach to Mental Health.
- PSHE lessons in the classrooms.
- Use of CPOMs to record any concerns/incidents. Record under 'Pupil Wellbeing'
- Whole school art projects linked to mental health and wellbeing using books as a stimulus (In My Heart, Rain before Rainbows)
- Assemblies (Mental Health Week)
- Pupil voice
- Liase with parents (on-going).

Mrs Hardy (Learning Mentor)

- Delivering ELSA – Emotional literacy programme to identified pupils throughout school
- Use of CPOMs to record any concerns/incidents. Record under 'Pupil Wellbeing'

- Partnership with class teacher to work to specific outcomes.
- Support for pupils and parents
- Liaise/referrals to outside agencies
- Offer 'Mental Health First Aider' support to staff, pupils and parents

Mrs Grace (Inclusion Officer)

- Delivering an inclusive wellbeing programme to all children in Year 2 and Year 5 (Approx. 76 children planned 20/21)
- Use of CPOMs to record any concerns/incidents. Record under 'Pupil Wellbeing'
- Referral form completed for each child prior to attending programme and individual evaluations completed in regards to progress made.
- Partnership with class teacher to work to specific outcomes.
- Liaise with parents.

Specialist support

- Luggage for Life programme for all Y6 to support them in the approach to SATs and as they transition to high school.
- Future in Mind consultations with Gemma Mcintosh to discuss individual children causing concern and to provide school with ideas to offer further support to the child and parent/ carer(s).
- Play therapy to help those who need it the most to process and explore their own emotions and deal with unresolved trauma.