



Supporting children's Mental Health & Wellbeing



Being well includes physical health and mental health



Mental Health



We all have mental health.

Mental health is about our feelings, our thinking, our emotions and our moods.

Looking after our mental health is important just like looking after our physical health.





Our Provision

- ✓ **Ruth & Emma:** Trained Mental Health Leads
- ✓ **Jon:** School Counsellor (one day per week)
- ✓ **Latisha:** Pastoral Support Manager
- ✓ **Anthony:** Part time social & emotional support
- ✓ **Rod & Julia:** Teaching & Learning Associates
- ✓ Small group interventions (eg: Circle of Friends, Anger management, 1:1 support)
- ✓ Zones of Regulation
- ✓ An area of focus in our school priorities
- ✓ Talk Time with Jon (child self refer)
- ✓ Mental Health Champions

KINGSMEAD'S MENTAL HEALTH & WELLBEING TEAM



Ruth Mackintosh

Deputy Head Teacher

Mental Health Lead, SENDCo & Safeguarding Lead

As joint Mental Health Lead my role is to promote wellbeing for all stakeholders. My responsibilities are to:

- co-lead the wellbeing team
- have a clear vision and action plan
- communicate regularly with children, parents & carers and staff
- plan a range of activities to promote self-care and wellbeing in staff and pupils
- liaise with outside agencies who can support children's mental health and wellbeing

As SENCo I oversee the SEN needs of children and the provision and support offered to them at Kingsmead. I regularly meet with parents and complete annual reviews for children with EHC plans.

I am regularly on the school gate at the start and end of the day for informal chats with parents and carers



Emma de Sausmarez

Communications & Community
Liaison

Mental Health Lead

As joint Mental Health Lead my role is to promote wellbeing for all stakeholders. My responsibilities are to:

- co-lead the wellbeing team
- have a clear vision and action plan
- communicate regularly with children, parents & carers and staff
- plan a range of activities to promote self-care and wellbeing in staff and pupils
- liaise with outside agencies who can support children's mental health and wellbeing

I also liaise across the LEAP federation to share wellbeing and other opportunities that might benefit our families and the school community.

I am regularly on the school gate at the start and end of the day for informal chats with parents and carers



Latisha Carter

Pastoral Support Manager

I support behaviour throughout the school. I work with:

- children 1:1 and in small groups and in class, to remove barriers to learning
- parents and staff to support them with strategies to manage specific children's behaviour and emotional wellbeing
- children having difficulties attending school for emotional reasons

I also support all staff with developing Emotional Literacy strategies and responses.

I am regularly on the school gate at the start and end of the day for informal chats with parents and carers



Roderick Ryan

Teaching & Learning
Associate

Wellbeing for Education Mentors

We support children in and out of class, both with their learning and with managing their emotions.

We can offer:

- support around additional pressures some children may be feeling
- Support around children's emotional response from various causes including stress, trauma, anxiety or bereavement



Julia Simon

Teaching & Learning
Associate



Jon D'Agostino

School Counsellor

I am a counsellor. I support children to build resilience, manage stress and anxiety and foster positive relationships with friends, family and staff.

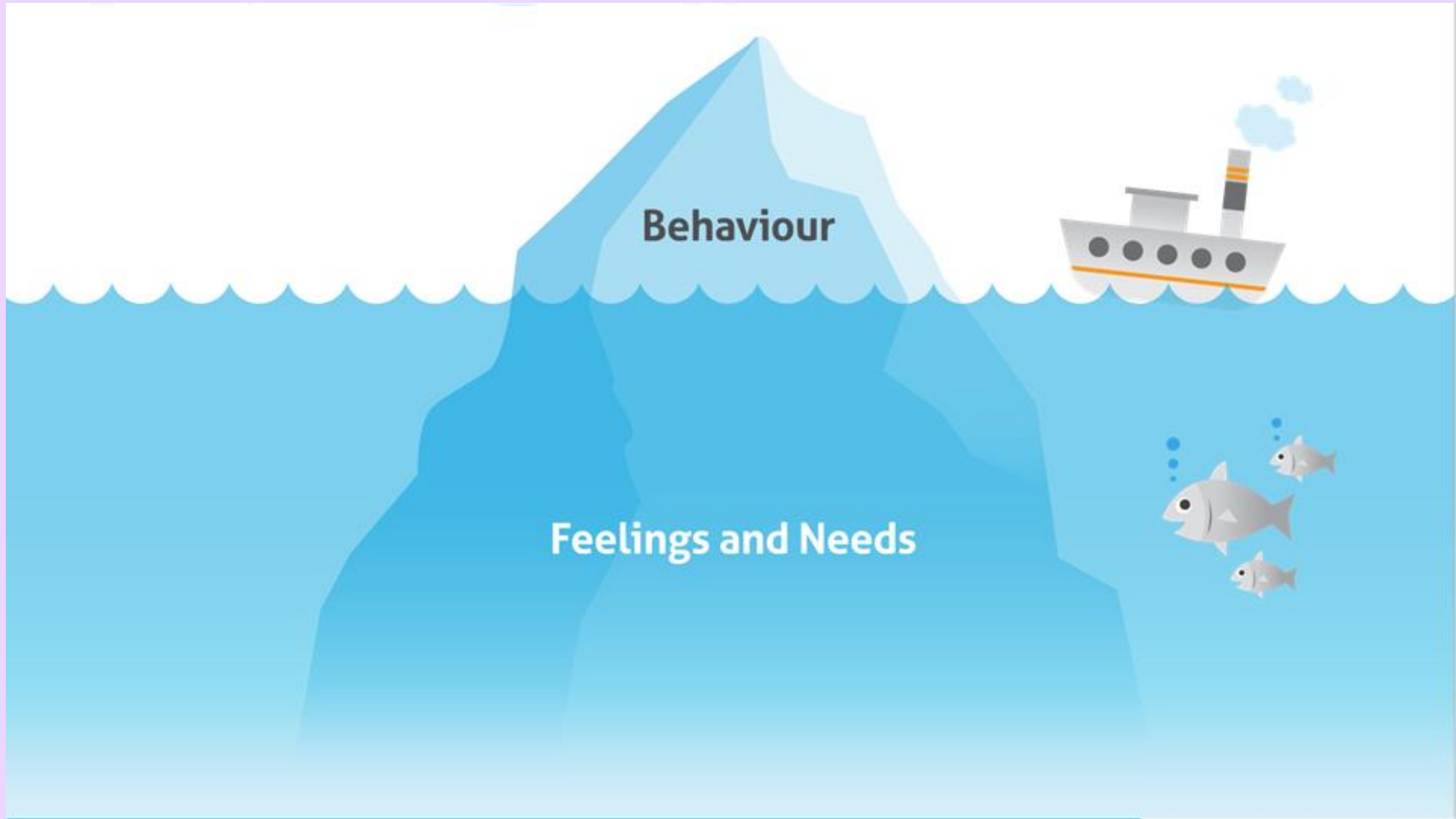
I work with:

- Identified children for 1:1 sessions
- Children who self refer for drop in lunch Talk Time sessions

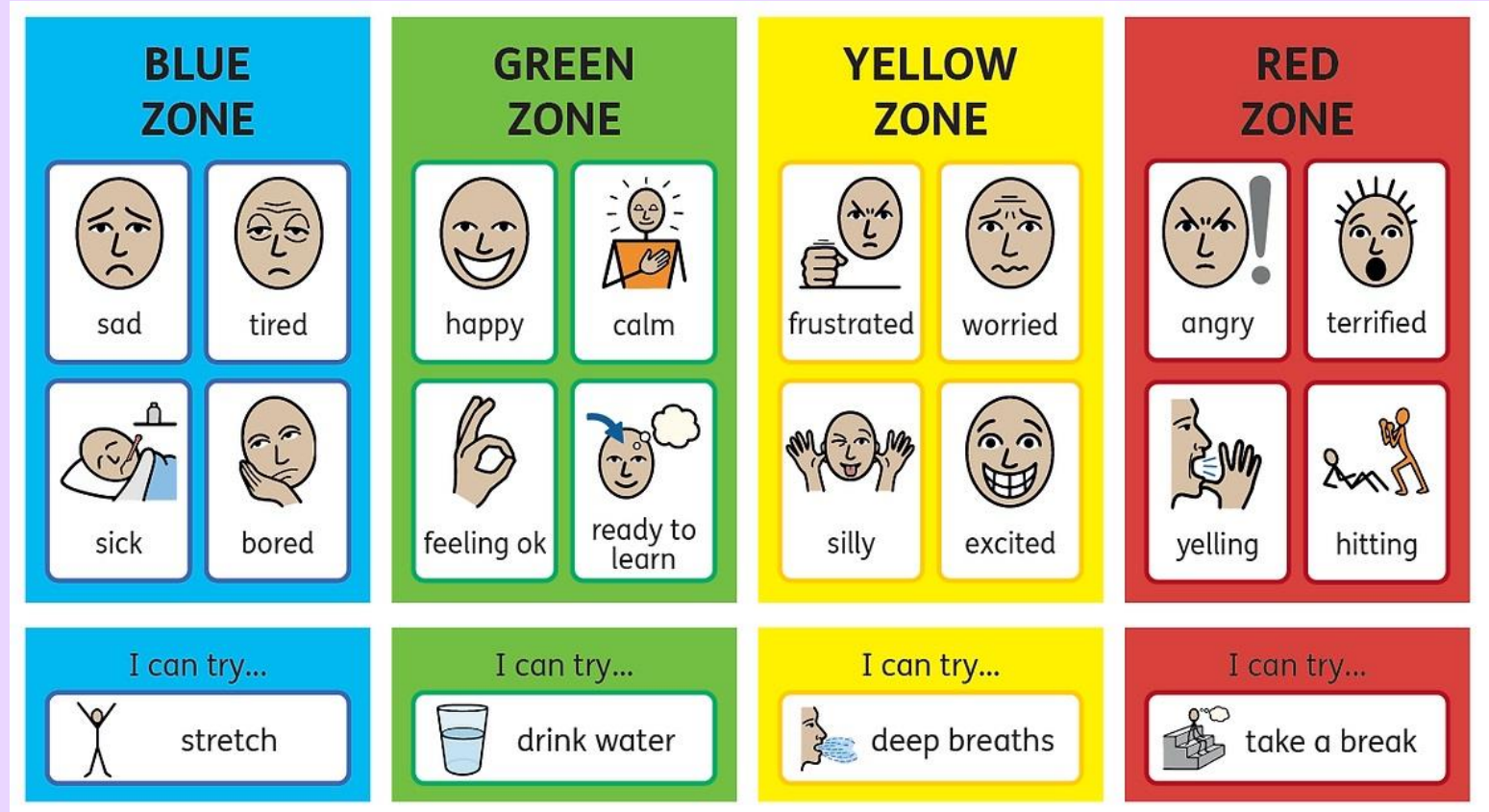
I also support parents & carers and staff and am able to signpost where they can access further support if needed.

At Kingsmead children's mental health and wellbeing is everyone's responsibility:

- Staff vigilance/knowledge
- Referring concerns to Inclusion team
- Daily support and strategies
- Raising children's self esteem
- Modelling talking about feelings (+ school use of Zones of Regulation)
- Modelling using strategies helps build resilience
- Consistency and Fairness – equality
- Giving time and being caring: talking things through with children
- Teaching and supporting in class - Six Jigsaw topics



ZONES OF REGULATION



There are no good or bad zones, everyone experiences all of the zones at one time or another.

For example, when we are playing football, it is beneficial to be alert and excited like in the yellow zone. However, that same state would not be appropriate when in the E learning zone. The important thing is to be able to manage different situations and be aware of strategies that can help us. Zones of Regulation help children to independently manage their own emotional regulation.

ZONES OF REGULATION

Has anyone been using Zones at home?

Share other ways families support their children's emotional regulation at home?

How can you help yourself?

The BLUE zone



How might you feel?

sad
tired
bored
moving slowly

What might help you?

Talk to someone
Stretch
Take a brain break
Stand
Take a walk
Close my eyes

The GREEN zone



How might you feel?

happy
okay
focussed
ready to learn

What might help you?

The goal of this exercise is to get to the GREEN zone.
What can you do to be happy, calm and ready to learn?

The YELLOW zone



How might you feel?

nervous
confused
silly
not ready to learn

What might help you?

Talk to someone
Count to 20
Take deep breaths
Squeeze something
Draw a picture
Take a brain break

The RED zone



How might you feel?

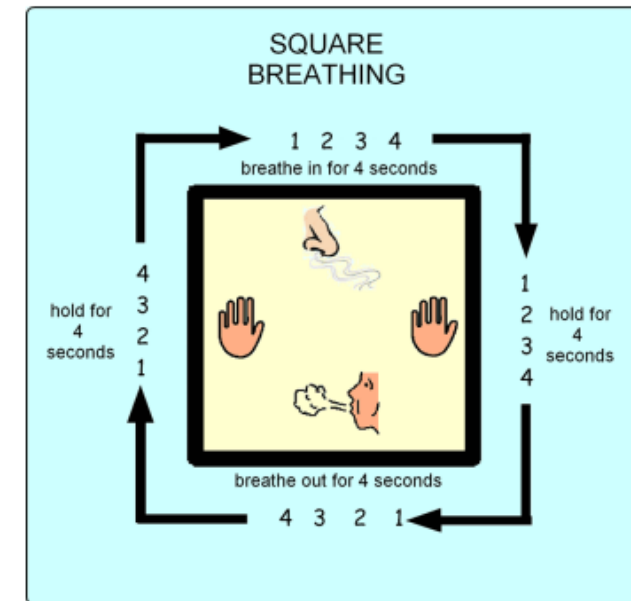
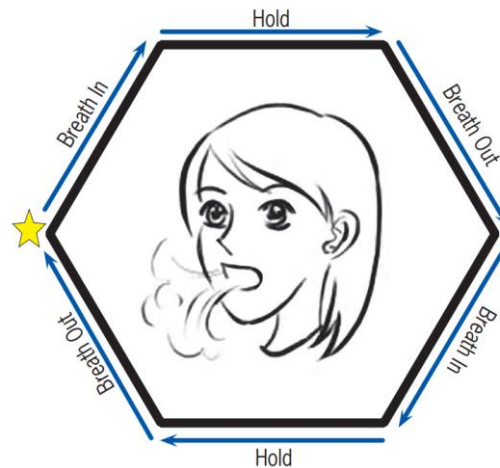
angry
frustrated
scared
out of control

What might help you?

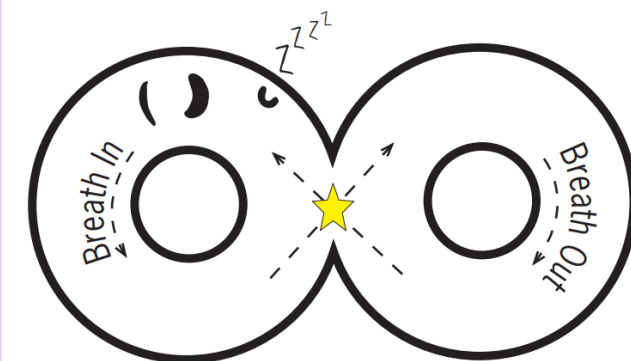
Stop what I'm doing
Make sensible choices
Take deep breaths
Ask for a break
Find a safe space
Ask for help

The breath: our in-built self-regulator

The Six Sides of Breathing



Lazy 8 Breathing



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

R

Think about things that make you happy

Fidget toy

Listen to music

Go for a walk / do some exercise

Read a book

Splash some cold water on your face

Get a good night's sleep

Spend time with loved ones

Watch your favourite TV show

Anxiety:

what is it and how can we help
children if they are feeling anxious?

Definition:



Anxiety is the mind and body's reaction to stressful, dangerous, or unfamiliar situations. It's the sense of uneasiness, distress, or dread you feel before a significant event. A certain level of Anxiety helps us stay alert and aware

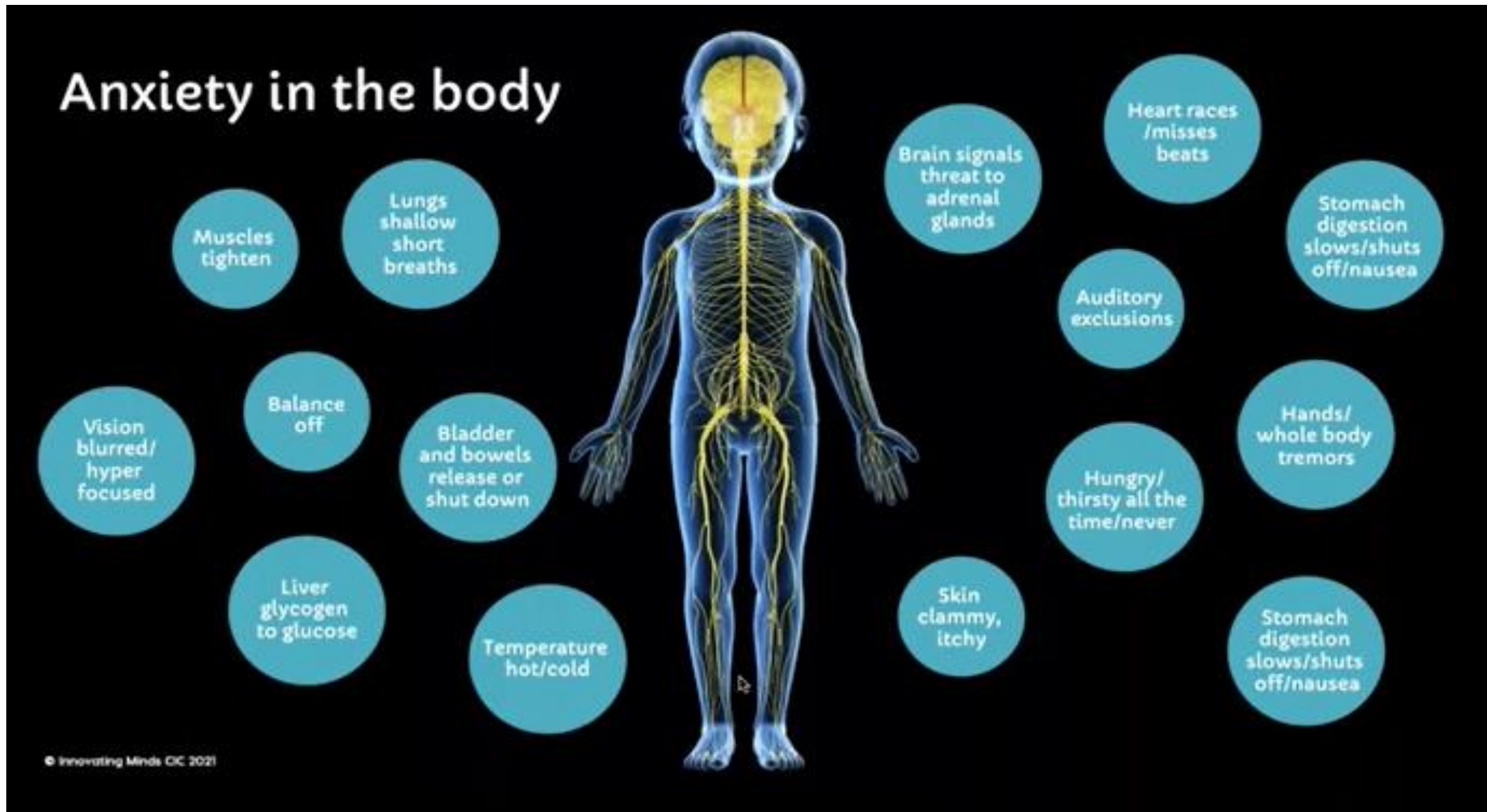
It is so important we explain to children that feeling anxious sometimes is normal. It is built into our survival system, as the role of anxiety is to keep us safe. Feelings of anxiety are a normal response to life challenges- e.g. before a performance or an exam.

There are healthy and unhealthy levels of anxiety.

A degree of anxiety can be quite helpful for some – eg: those that thrive off working under stress.

When it becomes problematic is when it starts to affect our daily life.

How does anxiety affect you physically?



Possible ways that anxiety presents in children:





Self Regulation

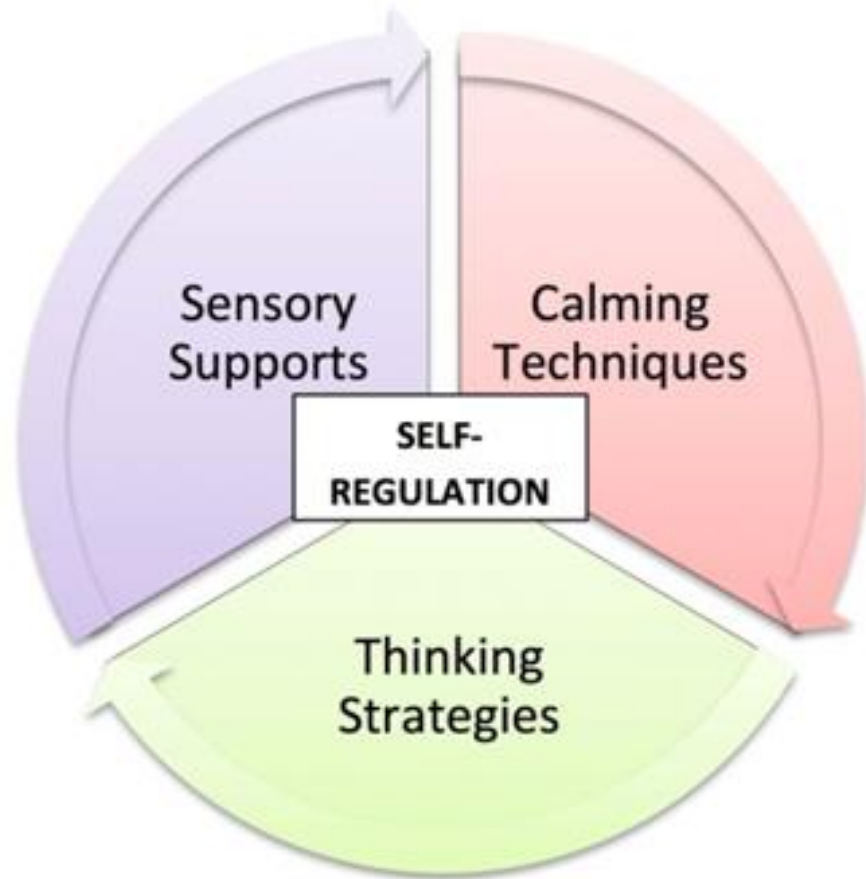
Things we do to
make ourselves
calm or alert



Mutual Regulation

Seeking help or
comfort from others
to make us feel
calm or alert

What self regulation strategies do we use when we are feeling anxious?



What self regulation strategies could we encourage a child to use?

Mutual Regulation:

Strategies we can use to help an anxious or unhappy child

R - RECOGNIZE

A - ACCEPT

I - INVESTIGATE

N - NURTURE

S - Stop talking

A - Actively listen

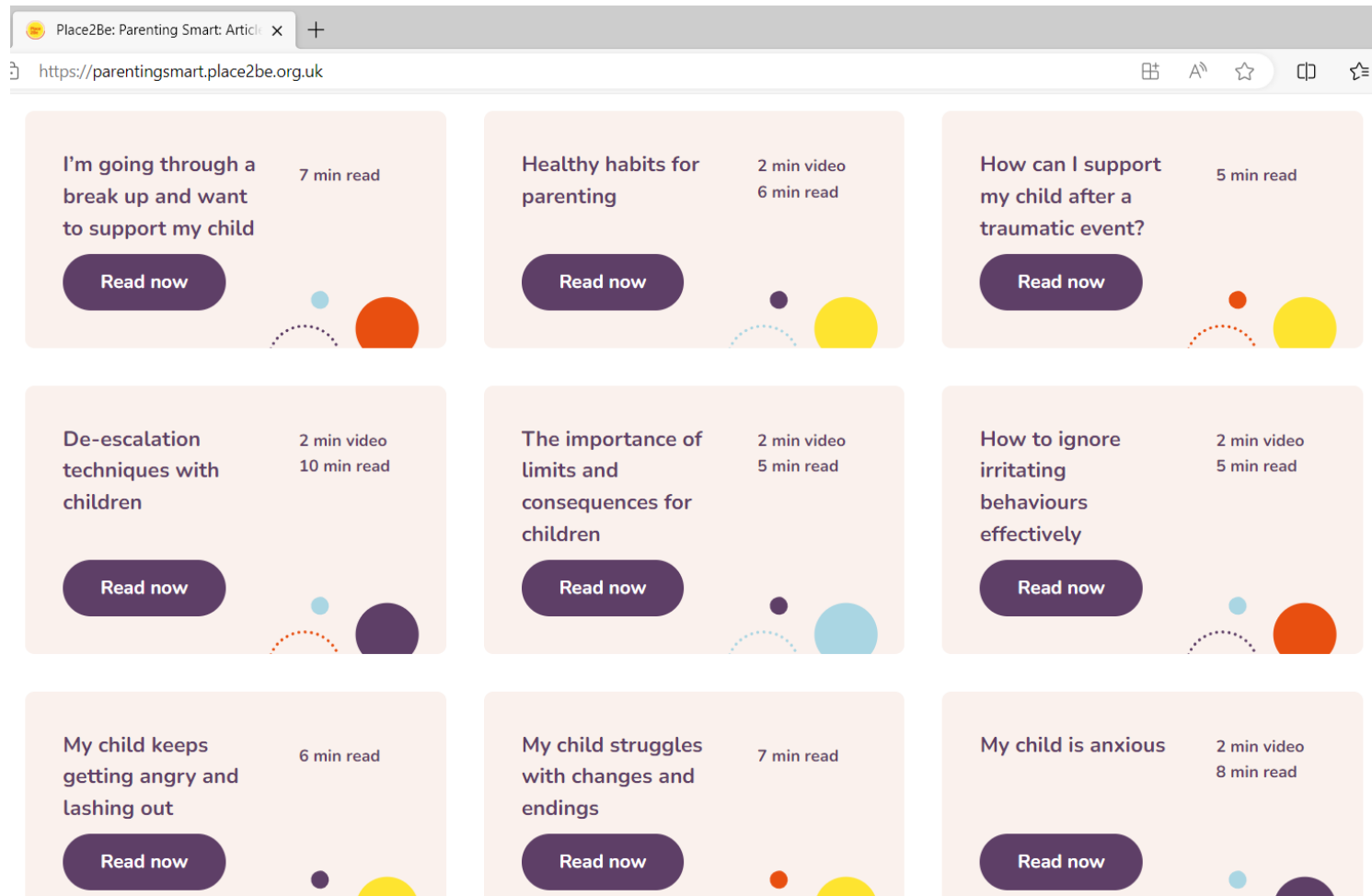
R - Repeat back what you heard

A - Accept

H – Help them to help themselves

Lots of resources and links for families on the Wellbeing and Mental Health page of the school website.

Especially helpful one is **The Place to Be: Parenting Smart**





Five ways to wellbeing

CONNECT

Good relationships are important for our wellbeing.

BE ACTIVE

Moving and grooving makes us feel awesome!

TAKE NOTICE

Notice and enjoy every little thing around you!

Paying attention helps us feel calm and happy.

KEEP LEARNING

Every day is a new adventure to learn something cool!

GIVE

When we share our things, time, or help others,
it makes us feel good inside!

Some ways for parents to start a conversation with their child about their mental health & wellbeing could be.....

TELL ME ABOUT YOUR DAY

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?

WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?