



## Pupil Wellbeing at King Edwin Primary School

At King Edwin Primary School, we wholeheartedly believe that good mental health and well-being is key to enabling our children to learn and have positive experiences at school.

We offer a number of opportunities to support our children and enable them to thrive both at school and at home, through a range of SEMH (Social, Emotional and Mental Health) interventions.

### PSHE

At King Edwin, we follow the **SCARF** scheme of work:

**Safety, Caring, Achievement, Resilience and Friendship.**

Each class has weekly PSHE sessions, which covers a wide range of themes that link to health and Wellbeing, Relationships, and Living in the Wider World.



### ELSA

ELSA (Emotional Literacy Support Assistant) is an initiative that has been developed and supported by Educational Psychologists. It recognises that children learn better, and are happier in school if their emotional needs are addressed.

We are extremely fortunate to have two fully qualified and experienced **ELSA's** at KEPS. **Miss Roy** and **Mrs Glover** have been trained by Educational Psychologists to plan and deliver, programmes of support to pupils who are experiencing temporary or longer term, emotional needs. They both attend termly supervision meetings to anonymously discuss cases and gain additional wisdom and resources to support their role in school.



Miss T Roy



Mrs L Glover

The **ELSA** sessions are both fun and engaging, using a range of activities such as: games, role play, play-dough, therapeutic stories and crafts to help the children. We are currently in the process of transforming one of our school spaces into an ELSA designated room which will provide the children with a safe and calm space for the child to feel nurtured and supported.

**ELSA** aims to provide support for a wide range of emotional needs, including:

- **Recognising strong emotions**
- **Self-esteem**
- **Social skills**
- **Friendships**
- **Anxiety**
- **Loss/ bereavement**

KEPS Staff refer pupils into ELSA who may be struggling in school with any of these needs. Referrals are regularly reviewed to identify and prioritise which children require the weekly sessions of this programme.

The programme typically lasts for about 6-8 weeks. At times, we do have a waiting list as both Miss Roy and Mrs Glover have capacity to work with 3-4 individuals at any one time, but they inform teachers when a space becomes available.

If your child is referred, we require the completion of the parental consent forms before a child can begin the programme.

For more information, please visit: [www.elsa-support.co.uk](http://www.elsa-support.co.uk)

## Think Children



**Think Children** is a service that provides early help for children aged 4-11 years old with emerging social, emotional or behavioural issues across Nottinghamshire.

Each week Lizzie, an amazing lady and a real friend of KEPS, attends our school for a day and a half to support seven different children each term. She also holds additional lunch time drop-in sessions in our Reading Shed every Thursday lunchtime for any child who wishes to speak to her. These sessions are particularly helpful, especially for children that have previously been involved and completed their initial set of sessions.

Lizzie works with children who are often struggling to cope with a wide range of issues such as relationship difficulties, parental separation, bullying, bereavement, domestic violence and low self-esteem. Their service is extremely accessible and inclusive aiming to avoid any possible stigmatisation that is often associated with such issues.

Each child is offered one-to-one sessions that enable them to use the imaginary world of play to release pent-up emotions, clarify how they see their situation and move on with new coping skills.

The teacher will refer children for **Think Children** each term and spaces are allocated on a priority basis. If your child is selected, there are consent forms to complete before they can begin a twelve-week programme.

For more information please visit: <https://thinkchildren.org.uk/>

## Mental Health Champions

At the end of the summer term, thirty of our current Y5 and Y6 children were given training by the company 'One Goal' to become **Mental Health Champions/Ambassadors**. This training gave them the skills and empowerment to promote and support positive mental health across our whole school.



A rota system is in place and each morning playtime there are three **Mental Health Champions** on the KS1 playground and three more on the KS2 playground. They are there to support children by 'having a chat' with them, going to see those who are visibly alone or have had a minor fall out with a friend. If the **Champions** run out of strategies, they sign post the child towards an adult for additional help.

### **Supporting – not fixing**

Remember, the programmes mentioned above are not there to 'fix children's problems', but they will support and provide emotional support when it is required. We aim to establish a warm, respectful relationship with the children and provide a reflective space, where they are able to share honestly their thoughts and feelings.

For children with complex or long term needs, it is unrealistic to expect the interventions to resolve all of their specific difficulties. If we feel, at the end of the sessions, a child may need further support, through another avenue, we will discuss this with parents in more detail.

### **So... what next?**

#### **Making a referral**

Referrals for all our **SEMH interventions** are made in the same way - either through class teachers, SENDCo, or by our family support worker.

We manage a live waiting list for each of the interventions and, through professional discussion, decide which programme might be best suited for the child's needs.

To begin with, the support assistant within the child's year group may offer some additional support and then this may escalate towards one of our **more specialist interventions**. For some children, over their time with us, they may take part in one or more of the interventions. The support is never time limited or based upon financial allocations but rather upon the needs of a child at any point in their educational journey at KEPS.

We hope that you find the information shared above to be both useful and informative. Please do not hesitate to get in touch if you wish to know a little more about our offering or any other initiatives at KEPS – [helpandsupport@kingedwin.notts.sch.uk](mailto:helpandsupport@kingedwin.notts.sch.uk)

Kind regards,

Miss Roy **Senior Mental Health and PSHE Lead**