

Child-Friendly Emotional Wellbeing Policy



Written by a group of School Wellbeing Ambassadors - January 2024

Reviewed by school staff 31st January 2024

Shared with children during PSHE week in February 2024

Shared with parents on 7th February 2024 at PSHE event

Shared with wellbeing governor 9th Feb 2024

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Mental Health and Emotional Wellbeing

At Long Row Primary School, we promise to help you understand your emotions and feelings better so you can be happy and confident in school. This policy has been written by the school wellbeing team (Mrs Davies, Mrs White, Mrs North, Mrs Jones and Mrs Hamlin) and our 40 wellbeing ambassadors to show you how you can help your own emotional wellbeing and ensure you feel comfortable sharing any worries or concerns. This policy also, signposts you to where you can access further support if you need to.

It is important to remember that we all go through life's 'ups and downs' and at times this can be overwhelming. It is OK to ask for help and have a little more emotional support when we need it. It is also important to remember that we all have feelings that are tricky and by understanding them we build resilience and strength.



1. What does it mean?

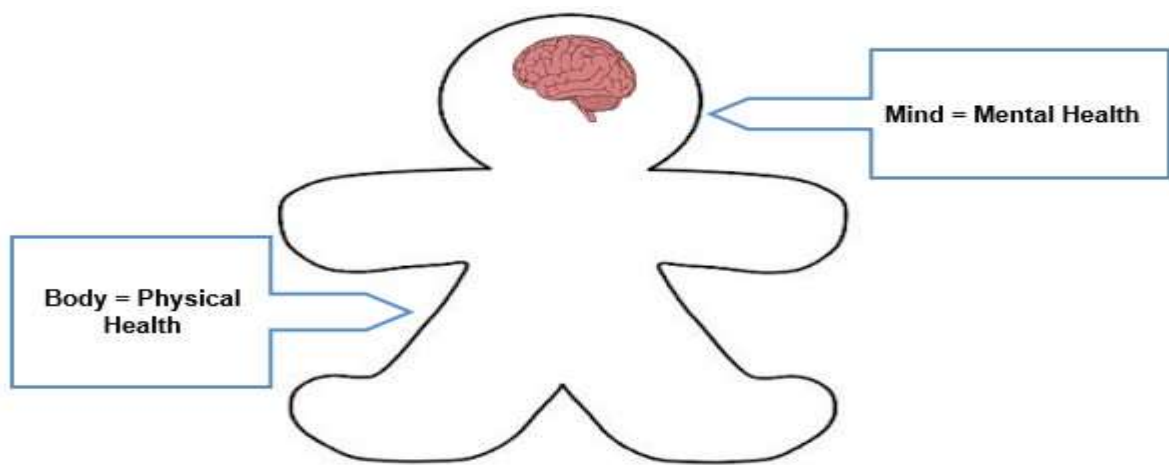
We all have Physical and Mental Health.

Important Fact: The body and mind are connected.

If we are struggling with our physical health this can affect how we feel = our mental health.

If we are struggling with our mental health this can also affect our bodies = our physical health.

By looking after our mental health and physical health we can improve how we feel = wellbeing.



Wellbeing is about feeling good. Feeling that life is going well, and feeling able to get on with everyday things.

To be able to deal with life's ups and downs; to be able to learn; enjoy friendships; to meet challenges and to develop talents and capabilities.

Everyday Feelings

We all have lots of feelings that come and go every day.

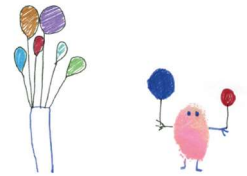
For example, feeling excited about a present; nervous about going back to school or frustrated because you missed a penalty.

Everyday feelings can feel very strong and intense at times, they can feel uncomfortable sometimes, but this is normal for everyone.



2. Who can we talk to?

Remember if your feelings are getting too **big** to cope with on your own and you feel you want to change things...



...talking to a safe adult might really help.

This could be:

- Family members you feel safe with
- Your parents / carers
- Your teacher
- Your class teaching assistant
- Another member of staff - someone you feel safe with in breakfast club or on the play ground
- The school's wellbeing team - Mrs White, Mrs Davies, Mrs North, Mrs Jones and Mrs Hamlin

3. How does our school teach us about wellbeing?

At Long Row Primary school we help you to understand your wellbeing by:

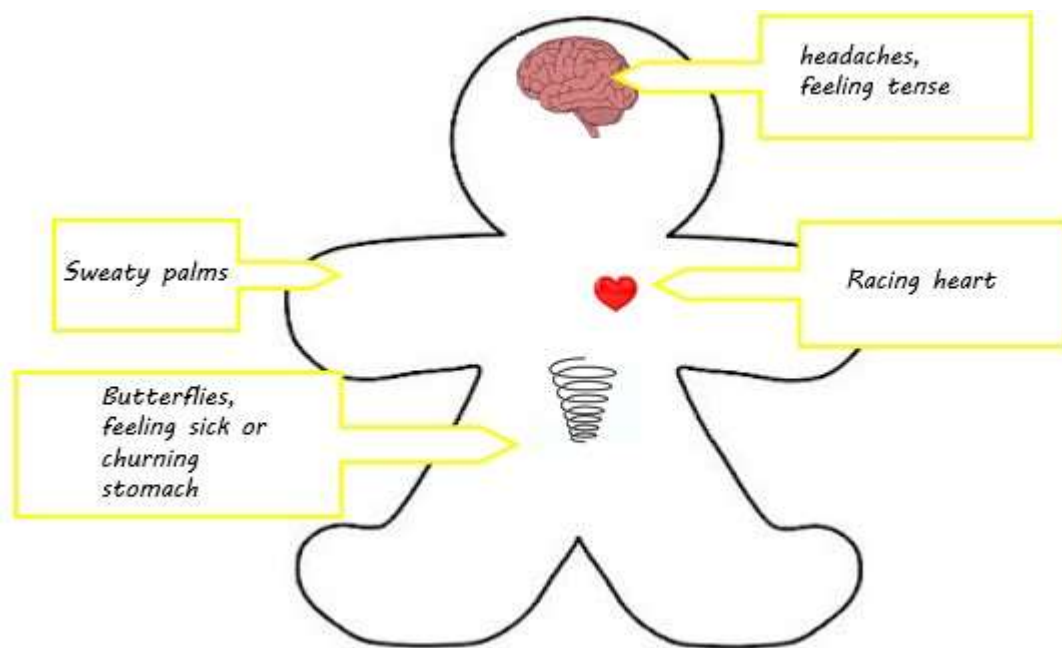
- Providing weekly PSHE lessons. Topics include exploring our emotions and being healthy which covers both physical and emotional health.
- Having PE lessons twice a week.
- Attending assemblies throughout the year, which focus on emotional wellbeing, and we have lots of visitors in school who talk to us about keeping safe and healthy
- Being a SMILERS school and use this approach to help you understand 7 ways to wellbeing. SMILERS provide some simple little things, we can choose to do every day to help with our wellbeing. This can make us feel happier and cope better with daily life and the challenges we all face.



Long Row Primary and Nursey School launched SMILERS in October 2023 and the Wellbeing Ambassadors plan wellbeing activities throughout the year to keep SMILERS alive.

- Enjoying forest school at Long Row supports all your wellbeing by connecting with nature and outdoor learning, which we know is important for our wellbeing.
- Having the opportunity to attend lots and lots of clubs for all your interests: sports, music, arts, science.
- Having a team of I-vengers who help us to understand how to look after our wellbeing online.
- Having access to worry boxes and safe spaces in classrooms.
- Being supported by a brilliant year 5/6 team of sports leaders, buddies, and wellbeing ambassadors who champion SMILERS
- Ensuring we talk about how important attending school is for your wellbeing.
- Providing access to COMPASS Changing Lives via a referral from the school wellbeing team

4. How do we know when we are not OK?



Feel like shouting or crying

Trouble falling asleep or staying asleep

Falling out with our friends and family more often

Feel more tired



Find it difficult to concentrate

Might not feel like you enjoy the things that are important to you (clubs, hobbies)



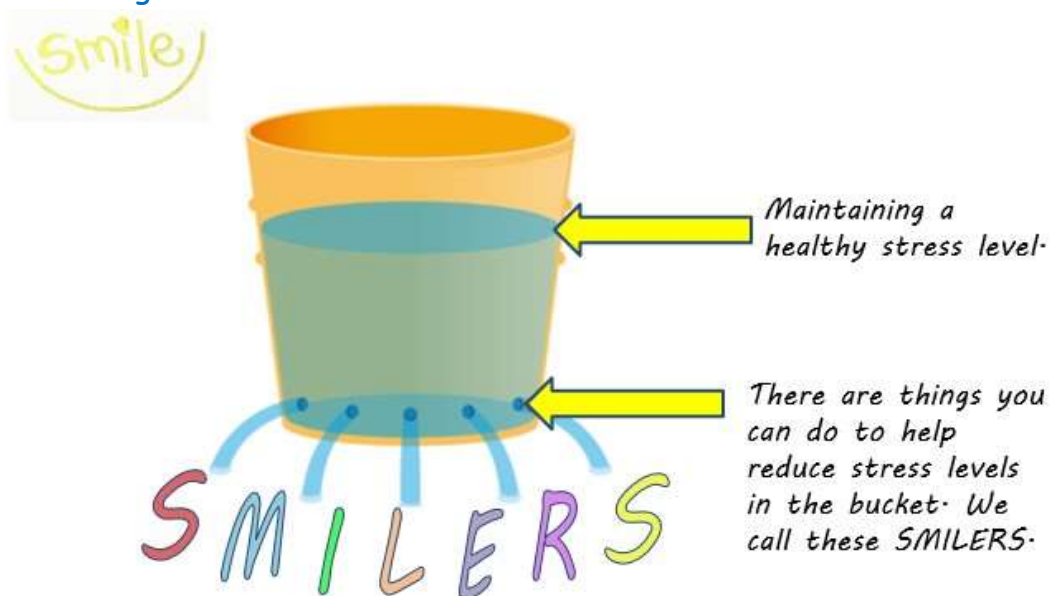
Lots of different things can make us feel stressed. Too much stress can cause our stress bucket to overflow.

What could fill a stress bucket?



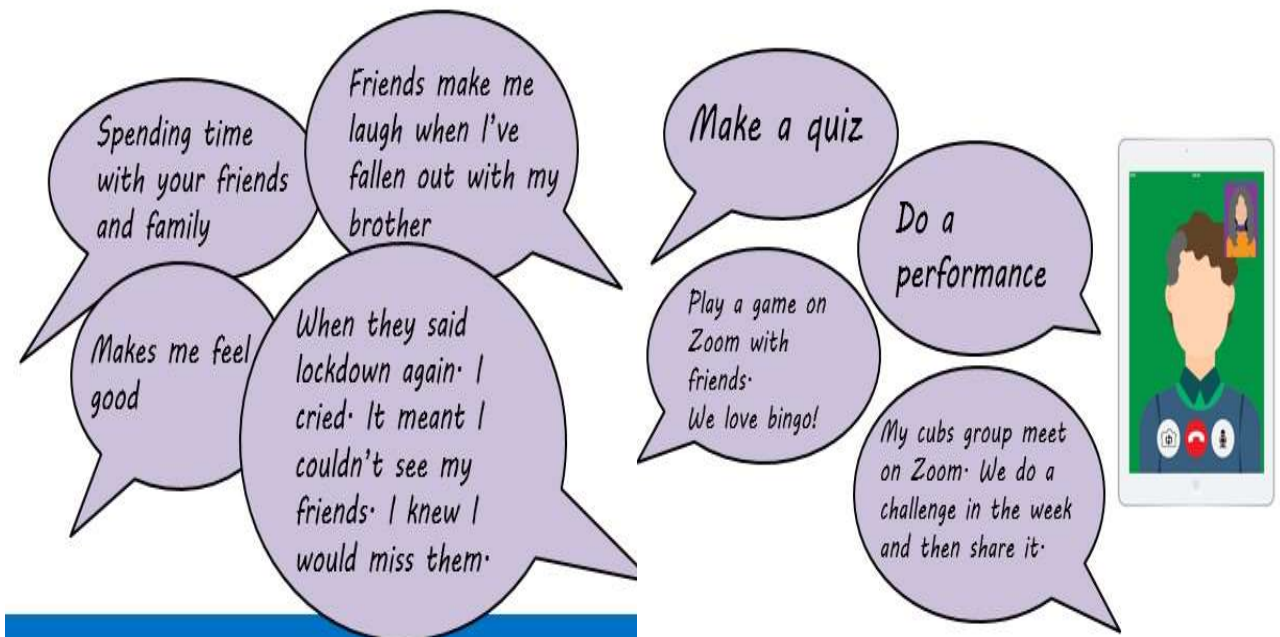
5. What can we do to look after our own mental health and wellbeing?

Ways to manage our stress bucket.



SMILERS

Stay Connected



SMILERS

Move

Move your mood!



Exercise helps us to feel happier, more confident and helps our general wellbeing.



SMILERS

Interest

Take an interest in your hobbies, learn new skills or start something you're interested in.



- ★ Learn a magic trick
- ★ Learn to cook something new
- ★ Learn how to say 'hello' in different languages

SMILERS

Look

Taking notice of the here and now

Start a happiness jar

Try some relaxation activities

Go for a scavenger hunt when you're out on a walk

Cloud spotting

Have some quiet time and do something you enjoy like colouring, puzzles or reading

SMILERS

Eat

Looking after our physical health really helps us to look after our mental health too.

Eating the right foods and drinking enough water helps keep our bodies tip top!



SMILERS

Rest

Sometimes when we are worried or stressed we find it difficult to rest, relax and sleep.

Getting enough rest and getting enough sleep helps your body and brain to recharge.

There are things we do that can help us rest and relax.

What to do instead of screens before bedtime:

- Play a calm board game
- Colouring and drawing
- Puzzle books- word searches and sudokus
- Read a book
- Listen to a book
- Listen to calming music
- Have a bath

SMILERS

Support

Supporting the people we care about can help us feel good.



- 😊 Say thank you
- 😊 Smile
- 😊 Make gifts for friends and family
- 😊 Learn a funny joke or fact and tell somebody else
- 😊 Help somebody at home

Remember we have to support ourselves too. Think of all the new things you've learned that can help you to support and look after yourself.

6. What can we do if we need further support?



Visit our school website for lots of further information under our Pastoral and PSHE page

<https://www.longrow.derbyshire.sch.uk/>



<https://www.compass-uk.org/services/compass-changing-lives/>



ChildLine is a free, private and confidential service where you can talk about anything.

<https://www.childline.org.uk/about/about-childline/>



YOUNGMINDS provide young people with tools to look after their mental health. Their website is full of advice and information on what to do if you're

struggling with how you feel. They give young people the space and confidence to get their voices heard and change the world they live in. Together, their vision is to create a world where no young person feels alone with their mental health.

<https://www.youngminds.org.uk/>

NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>