



# Pupil Wellbeing Charter

At our school, we aim to promote positive mental health and wellbeing for our whole school community. We recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health.

The Department for Education (DfE) recognises that “in order to help their pupils succeed; schools have a role to play in supporting them to be resilient and mentally healthy”.

## At Trinity CE Primary School we:

- Help children to understand their emotions and feelings better and express them appropriately
- Help children feel comfortable sharing any concerns or worries
- Help children socially to form and maintain relationships
- Promote self- esteem and ensure children know they count
- Encourage children to be confident and ‘dare to be different’
- Help children to develop emotional resilience and to manage setbacks

## We promote a mentally healthy environment through:

- Promoting our school values and encouraging a sense of belonging
- Promoting pupil voice and opportunities to participate in decision making
- Celebrating academic and non-academic achievements
- Teaching pupils social and emotional skills and an awareness of mental health
- Providing space and opportunities to reflect
- Providing access to appropriate support that meets their needs
- Effectively working with parents
- Supporting and training staff to develop their skills in promoting positive mental health and understanding when additional support is needed

**We support Pupils' Positive Mental Health in the following ways:**

- Displays
- Worry Boxes in each classroom
- Jigsaw PSHE Programme
- Class Compliments
- Assemblies to highlight issues such as mental health or Anti-Bullying
- Lunchtime and After School Clubs
- Pupil Wellbeing Surveys
- Mindfulness Activities
- Class Recognition Boards

**We can also offer additional targeted support in school such as:**

- ELSA (Emotional Literacy Support Assistant) sessions
- Zones of Regulation intervention for targeted individuals or groups
- Friendship Circle activities
- Restorative Practice to resolve conflicts
- Drawing and Talking

**As part of our targeted provision, the school will work with other agencies to support children's emotional health and wellbeing including:**

- The School Nurse
- Educational Psychology Services
- CAMHS (child and adolescent mental health services)
- Family Support Workers
- Play Therapists

**In order to support parents and carers we will:**

- Be readily available to discuss any concerns they may have regarding their child's emotional wellbeing
- Keep parents and carers informed of any concerns school may have about their child's emotional wellbeing
- Include sources of information and support about mental health and wellbeing on the school's website
- Ensure that parents and carers are aware of what support is available within our school
- Share ideas about how parents and carers can support positive mental health in their children

**Possible warning signs of mental health or emotional wellbeing issues might include (but are not limited to):**

- Changes in eating/sleeping habits
- Becoming socially withdrawn
- Changes in activity or mood
- Expressing feelings of failure, uselessness or loss of hope
- Repeated physical pain or nausea with no evident cause
- Lowered academic achievement