

# Mental Health and Wellbeing at St Michael and St Martin



St. Michael & St. Martin school follows the teaching of the Catholic Church, in its daily life through celebration of the Liturgy and through following the values taught in the Gospel of Jesus, by:

*Learning our faith, living our faith, loving our faith*

As part of providing a broad and balanced PSHE curriculum, we are able to nurture and support the spiritual, moral, social and cultural (SMSC) development in young children and promote the fundamental British values in young lives. We support children to develop the knowledge, skills and understanding they need to lead confident, healthy and independent lives, and become responsible citizens. We recognise that our school vision is crucial to this learning and should be at the heart of whole-school development.



Bubble  
Time



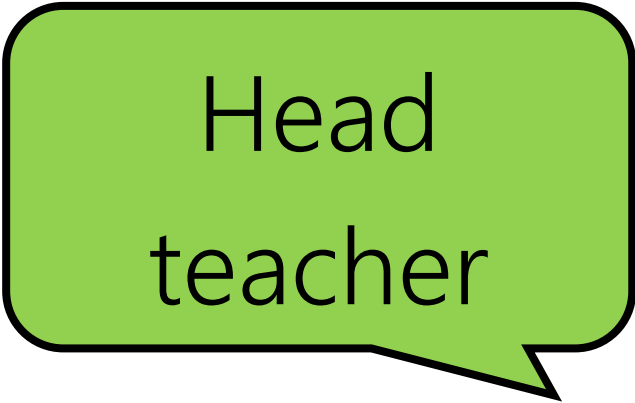
ELSA



SENCO

A pink speech bubble with a black outline and a tail pointing towards the bottom left.

School  
counsellor

A green speech bubble with a black outline and a tail pointing towards the bottom right.

Head  
teacher

A red speech bubble with a black outline and a tail pointing towards the bottom left.

CAMHS

### **Bubble time, Worry box**

This is dedicated time for talking things through and getting help when children need it. At St Michael and St Martin, every classroom has a 'bubble time' or 'worry box' and every child knows that if they are concerned or upset by something, they place their worry anonymously into the box. This enables the teacher to recognise that they need to talk and then make provision for the child to confer with the teacher quietly or as part of a class discussion. Bubble Time also gives pupils the opportunity to discuss their feelings in a calm and relaxed environment.

### **ELSA**

#### **Emotional Literacy Support Assistant.**

If Bubble time cannot meet the needs of your child they may be recommended to receive ELSA support. ELSA-trained teaching assistants will support your child 1:1 or in small groups through tailored games and activities. We have a brand new Elsa room where children can receive emotional literacy support as needed in complete confidence.



### **SENCO**

When bubble time and ELSA support are not sufficient to address the child's worries or concerns, the school SENCO will recommend next steps. Alongside you as parents we will discuss what the best support programme will be.

We frequently engage the services of a school counsellor and if required this service will be recommended to you by the SENCO. You will be able to meet with the school counsellor to discuss your own concerns about the difficulties your child is facing.

In addition to a school referral you or your child can:

- Call our school office to make an appointment.
- Use bubble time and talk to their teacher about it.

### **School councillors**

Representatives from each class are elected at the start of each academic year. They are responsible to act as 'pupil voice' and to attend meetings to raise and address any concerns communicated by pupils. Regular meetings are held with school councillors from both Key Stages, and children are encouraged to raise any worries or concerns with them as they occur.

### **Head Teacher**

If your child's needs or concerns have not been met, the Head teacher is available to talk through the appropriate course of action. If your child needs more specialist support, with your consent and advice from the SENCO we will recommend a referral to CAMHS.



CAMHS stands for Child and Adolescent Mental Health Services. CAMHS are the NHS services that assesses and treat young people with emotional, behavioural or mental health difficulties. CAMHS support covers depression, problems with food, self-harm, abuse, violence or anger, bipolar, schizophrenia and anxiety, to name a few.

There are local NHS CAMHS services around the UK, with teams made up of nurses, therapists, psychologists, support workers and social workers, as well as other professionals.

**WE WILL SUPPORT YOU EVERY STEP OF THE WAY.**

