

SUPPORTING MENTAL HEALTH

Children and young people's mental health is regularly in the headlines and gaining momentum on the national agenda. Woodfall Primary and Nursery School recognises the importance of mental wellbeing and its effect on teaching and learning. We want to help children and families who may be struggling with their mental health.

EMOTIONAL LITERACY SUPPORT

In school we are fortunate that all staff received training on The Rest Easy Method (before the COVID19 pandemic) and we have relaunched the approach again this year. The Rest Easy Approach involves children naming their emotions and feelings; once named, the emotions can be controlled. Children are taught to recognise when their emotions are above or below their Zone of Resilience and the children are taught methods to bring under control these emotions.

We are fortunate that so many of the staff have received 'Next Steps' Training, which is designed to involve children in finding solutions to the challenges they are facing and in addition, we have trained 'Emotional Literacy Support' practitioners in Mrs Foster, Mrs Bramham and Mrs Foster Knight. They are able to offer emotional literacy sessions which support children in understanding their emotions.

There will always be children and young people in schools facing life challenges that detract from their ability to engage with learning. Some will require greater support to increase their emotional literacy than others. ELSA is an initiative developed and supported by educational psychologists. It recognises that children learn better and are happier in school if their emotional needs are also addressed.

RISE

Last year, Woodfall was fortunate to be part of a pilot scheme developed by two Educational Psychologists, RISE (Resilience in Schools). Every child's results from a questionnaire was analysed and the analysis gave clear information where a child had strengths and where a child had areas for development within the 7'C's of Resilience. This analysis resulted in plans of action for every child at an individual, small group or class level.

As a result of our feedback, the questionnaires have been tweaked and once again, the profile of resilience for the children at Woodfall is being carefully monitored and supported.

TRAUMA INFORMED RESPONSE

Please note that all our staff are currently being trained in responding to support families using a trauma informed approach. We, and all schools within Cheshire

We are accessing training and resources that address our school environment, our Teaching, our Behaviour Management and Culture/Ethos. For more information please see our 'Ways of Working' website [here](#)

<https://westcheshirechildrenstrust.co.uk/our-way-of-working/>

IDEAS AND ADVICE

This page will be updated regularly with ideas and helpful advice on how you can help your child; for example in areas such as empathy, self-esteem or calming techniques.

- Mindfulness is a great way to help anxious child. A great resource to support this is Cosmic Kids Zen Den on YouTube. For more information on how to use mindfulness techniques with your child, please speak to your child's class teacher who will be more than happy to pass on resources and tips.

USEFUL BOOKS

We will be adding interesting articles and book titles that help explain mental health and techniques to help.

WEBSITES FOR HELPING CHILDREN'S MENTAL HEALTH

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

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

WEBSITES FOR HELPING ADULT'S MENTAL HEALTH

[HTTPS://WWW.NHS.UK/](https://www.nhs.uk/)

[HTTPS://WWW.RETHINK.ORG/](https://www.rethink.org/)

[HTTPS://WWW.MIND.ORG.UK/](https://www.mind.org.uk/)

[HTTPS://CHAPTERMENTALHEALTH.ORG/](https://chaptermentalhealth.org/)

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IS YOUR CHILD STRUGGLING WITH SLEEP?

Have a look on the CAMHS (Child and Adolescent Mental Health Services) website [here](#).