

Mental Health and Wellbeing



Mrs Hann
Pastoral Care Manager
TIS Representative



Mrs Nile
Senior Mental Health Lead



Mrs Nancarrow
SENDCO
TIS Representative



Mrs Behannah
ELSA trained HLTA

At Mount Charles, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support.

What is mental health?

The World Health Organisation defines mental health as a state of wellbeing in which every individual achieves their potential, copes with the normal stresses of life, works productively and fruitfully, and is able to contribute to their community. Mental health includes our emotional, psychological and social wellbeing. It affects how we think, feel and act.

Good mental health and wellbeing is just as important as good physical health. Like physical health, mental health can range across a spectrum from healthy to unwell; it can fluctuate on a daily basis and change over time.

What can help to have good mental health?

There are some simple ways to help yourself manage your own well-being day to day in the form of 'five ways to wellbeing.'

The 5 Ways to Wellbeing



More information and resource can be found on the following link:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mentalwellbeing/>

What happens in school to support mental health and wellbeing?

In school, we teach children about what it means to have good mental health and wellbeing throughout our curriculum and daily practice.

Our PSHE curriculum focuses specifically on developing children's social and emotional skills which can prevent poor mental health from developing and help all children cope effectively with setbacks and remain healthy. It is about helping children to understand and manage their thoughts, feelings and behaviour and build skills that help them to thrive, such as working in a team, persistence, and self-awareness.

Who do I contact if I am worried about my child's mental health and wellbeing?

If you are ever worried about your child's mental health and wellbeing then, just as you would about any concerns that you have about their learning, come and talk to us. We believe that our parents know their children best and we are committed to working in partnership to identify the best ways of providing support for your child within school.

In the first instance, you can contact any of the following people:

- Your child's class teacher.
- Mrs Hann – she is on the gate most mornings and afternoons. You can also call into the office and ask to talk to her.
- Miss Nile – Senior Mental Health Lead.
- Mrs Nancarrow – School SENDCO and TIS Practitioner.

What support can we offer in school?

We have a wide range of support available to meet the mental health and wellbeing needs of our children within school.

- All staff are trained in Emotion Coaching.
- Miss Nile has recently completed Mental Health Lead training as part of a government initiative.
- Mrs Hann and Mrs Nancarrow are our Trauma and Mental Health Informed Schools Lead Practitioners and can support children in school.
- Mrs Behannah has completed ELSA (Emotional Literacy Support Assistant) training. She is able to support children in school.
- Mrs Grigg is our Social Emotional and Mental Health Higher Level Teaching Assistant.

As a school we are also fortunate enough to have access to The Mental Health Support Team (MHST). This is an NHS service which works within school settings to provide early intervention for primary school children who are experiencing difficulties such as low mood and anxiety. As part of this service we have our own Mental Health Practitioner to whom we can refer children.

Further Mental Health and Wellbeing Support Services

There are many services available to support you and your child's mental health and wellbeing. Just click on the links below:

YOUNG MINDS

<https://www.youngminds.org.uk/> Young Minds have a particularly useful parent survival guide:

<https://www.youngminds.org.uk/parent/survival-guide>



The Anna Freud website has advice and guidance for parents and carers to help them support a child or young person experiencing poor mental health or wellbeing.

<https://www.annafreud.org/parents-and-carers/>



The Cornwall Council website also lists a whole range of local and national support for parents, carers, young people and children.

<https://www.cornwall.gov.uk/health-and-social-care/mental-health/mental-health-support-forparents-and-young-people/>



[Childline | Childline](#)



[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)