



Alexandra
Primary School

Aspire, Perform, Succeed

Wellbeing At Alexandra

Whole, Happy, Healthy



Wellbeing Award
for Schools



At Alexandra we value and prioritise the development of the whole child and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health. We recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement. Positive mental health will also support pupils to be able to live safe and fulfilling lives in the future.

What is emotional wellbeing and mental health?

'Emotional wellbeing describes your **mental state** - how you are feeling and how well you can cope with day-to-day life. Emotional wellbeing is essential for us to function and be happy.'

'Mental health is defined as a state of well-being in which every individual realises his or her own potential'

Mind, 2018

With good mental health...

Your child will...

- be able to express a range of emotions and talk about them freely
- **aspire** to achieve their goals
- build up resilience with confidence and self-esteem enabling them to **perform** as well as they can
- build and maintain good relationships
- feel engaged with the world around them and **succeed** as responsible citizens
- cope with the challenges of daily life in a respectful manner

How we support your child's wellbeing:

It is an essential part of our school ethos to support the wellbeing of pupils in preparation for the future. Some of the things we do to support wellbeing at APS are:

- Provide a safe environment where children feel comfortable to talk about their feelings.
- Additional wellbeing sessions for all children in KS1 and KS2.
- Teach the children how to support their wellbeing through the PSHE curriculum.
- Offer additional support where necessary, through ELSA, play therapy, Drawing and Talking or referrals to other agencies as appropriate.
- A range of pupil voice opportunities for children to talk about what they think would be helpful.
- Staff training on recognising signs that children may be struggling with their wellbeing, including staff who are trained Mental Health First Aiders and a Trauma Informed Champion.

How can you help your child?

- **Connect** – spend time each day talking with your child about things that matter or are important to them.
- **Be active** – provide opportunities for your child to stay active outside of school.
- **Be creative and play** – set aside time each week for your child to be creative; they could draw, sing or make something.
- **Learn** – spend time teaching your children new skills such as cooking or sewing, alternatively spend time reading with them.
- **Take notice** – encourage your child to notice the world around them.

If you feel that your child may be finding things hard and could need additional wellbeing support, please let us know.

For more information on these please see the Whole, Happy, Healthy section of the School's Website.