

Wellbeing Charter



At Shepton Mallet Community Infants' School & Nursery we promote the positive mental health of every member of our school community. We recognise that positive mental health is essential for effective learning and attainment. Positive wellbeing is promoted through the curriculum and other school activities. Through a carefully planned approach to PSHE, our pupils acquire the knowledge and develop the skills and understanding they need to help them lead confident, healthy, independent lives.

Feelings of wellbeing are fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life. Looking after your physical wellbeing is not only important for your physical health itself, or because good physical wellbeing will benefit your academic performance. Your physical wellbeing and your lifestyle will also have an impact on your mental wellbeing.

The way you feel, both physically and mentally, is the essence of living.

The Somerset Wellbeing Framework:

As part of the Somerset Wellbeing Framework we are keen to focus on the 3 Pillars of Wellbeing which are a set of evidence-based themes that underpin good mental health.

"Relationships is the single biggest factor in terms of happiness for children and young people: Friends... Family... Getting on with teachers... Socialising... Getting on with others..."

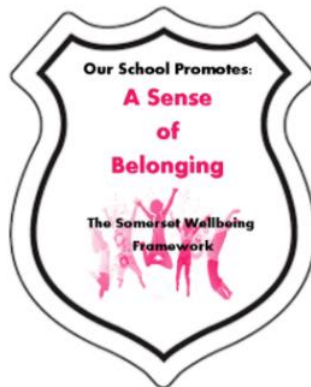
The Good Childhood Report - Children's Society 2017



BELONGING is a sense of connection with a group or institution. When pupils feel included and connected to school, they are more likely to participate in the school community and achieve academic success.

Key aspects of belonging are linked to feeling:

- Connected and included
- Safe
- Respected and valued
- A sense of purpose



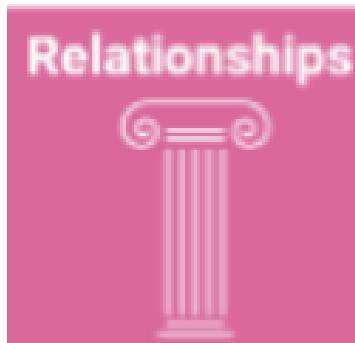
Some examples at Shepton Mallet Community Infants' School & Nursery:

- Pupils are encouraged to express their views and influence decisions throughout the school and classroom (including elections for School Council reps.)
- School clubs / sport events / music events
- Celebration Assemblies & Collective Worship
- Work displays
- Enrichment activities: Forest School, Tai Chi
- Whole school Mental Health & Wellbeing Policy
- School Trips
- Celebration of birthdays
- Future Plans:

Wellbeing Action Group (children's, staff and parent views to be collected Spring term 2022)

Emotional Coaching parent workshop and staff meeting.

Staff INSETs/staff meetings – Sept 2020: wellbeing focus



RESPECTFUL RELATIONSHIPS are the glue that holds a positive school community together and includes all relationships: peer to peer, pupils to staff, governors, visitors and the wider community. This also includes relationships with ourselves which is fundamental to how we treat each other.

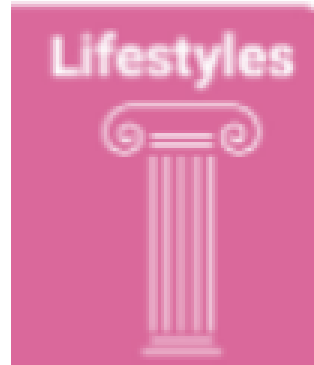


Key aspects of positive relationships are linked to feeling:

- Loved and cared for
- Listened to
- Supported in times of need
- Enjoyment of fun

Some examples at Shepton Mallet Community Infants' School & Nursery:

- Curriculum to equip the child for life skills and develop resilience and confidence.
- Positive relationships modelled
- Children involved in the school rules/class charter
- PFSA
- Parental workshops – including emotion coaching (also with staff – staff with children)
- Benches and play equipment in the playground at lunch/break times
- Nurture group
- Parental events – Mother's Day
- Links to support for wellbeing (website)
- PSHE/RSHE
- Newsletter – link to events in local area



LIFESTYLE behaviours such as; how well we eat, how much sleep we get and how active we are can really impact on our mood, ability to cope and function in everyday life. In relation to executive functioning and cognitive capacity children and young people's brains are still in development so things like concentration, decision making, problem-solving and many aspects of learning are dependent on and benefit from good levels of basic nutrition, sleep and activity.



Key aspects of maintaining a healthy lifestyle are:

- Diet
- Sleep
- Activity

Some examples at Shepton Mallet Community Infants' School & Nursery:

- A mile a day and other sports events
- Healthy snack policy
- Mindfulness / Tai Chi
- PSHE/RSHE
- Fundraising – helping others
- Inclusive outlook

Sometimes in life adults or children may need a little extra support to help with challenges life can bring which can knock our wellbeing and tip the balance.

Please find below various support links:

- Managing stress, building resiliency and self-help strategies (I.e. Relaxation, Mindfulness): <https://www.headspace.com> and <https://www.moodcafe.co.uk/download-relaxation-exercises.aspx>
- Steps to wellbeing: <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>
- 5 ways to wellbeing: <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>
- Looking after your mental health: <https://www.nhs.uk/oneyou/every-mind-matters/>
- FACE COVID: <https://www.youtube.com/watch?v=BmvNCdpHUYM>
- Young Somerset: COVID-19 resources, referring pupils for wellbeing support and signposting to relevant services: <https://www.youngsomerset.org.uk/>
- Emotional support helpline for Somerset residents during the pandemic (with the Educational Psychologist), plus other support weblinks: <http://www.supportservicesforeducation.co.uk/Page/17110>
- Responding to heightened emotions using the 'emotion coaching' approach: <https://www.emotioncoachinguk.com/what-is-emotion-coaching>
- Go Noodle: A mindfulness and movement app for children
- <https://youngminds.org.uk/>
- <https://www.good-thinking.uk/collections/top-resources-with-your-children/>
- Meltdown Compilation: Stress relief for kids <https://www.youtube.com/watch?v=HWxAiWo-jWc>
- <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>
- Calm zone (strategies): <https://www.childline.org.uk/toolbox/calm-zone/>
- <https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers>
- <https://cypsomersethealth.org/news&id=359>
- Resources for mental health by CAMHS: <https://www.camhs-resources.co.uk/downloads>

MindLine Somerset Emotional support helpline – for everyone (24/7)

Call 01823 276892

Mindline is a confidential listening service which provides a safe place to talk if you, or someone you know, is in distress. We can also give basic information about mental health and local support services.

Samaritans – for everyone, (24/7)

Call 116 123

Email jo@samaritans.org

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

Childline – for children and young people under 19 (24/7)

Call 0800 1111 – the number won't show up on your phone bill

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

SHOUT – for everyone, (24/7)

Text 'SHOUT' to 85258

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

A Texter will be put in touch with a trained Crisis Volunteer (CV) who will chat to them using trained techniques via text. The service is designed to help individuals to think more clearly and to take their next steps to feeling better.

Papyrus – for people under 35

Call 0800 068 41 41 – Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm

Text 07786 209697

Email pat@papyrus-uk.org

PAPYRUS is the national UK charity dedicated to the prevention of young suicide. You can contact them for help and guidance for yourself or for someone else in your care.

Kooth - online chat, Monday – Friday 12pm – 10 pm and Saturday – Sunday 6 pm to 10 pm.

Safe and anonymous online chat support for young people – friendly counsellors, self-help and community support.

Somerset Direct

Information on children's social care and safeguarding

Young Minds

From eating disorders, to abuse, anxiety, and depression – suggests support for a huge range of difficulties for young people and their parents/carers.

MeeTwo

A safe and secure forum for young people to discuss issues affecting their life. Anonymous advice from experts regarding mental health, self-harm, relationships and friendships.

Elefriends – For everyone (online)

Elefriends is a supportive online community where you can be yourself. Elefriends is run by **Mind**.

Fancy a Chat

A service set up by Young Somerset for young people wanting a chat with a youth worker or wellbeing practitioner.

Bereavement support:

- Winston's Wish – <https://www.winstonswish.org/coronavirus/>
- Childhood Bereavement UK – <https://www.childbereavementuk.org/coronavirus-supporting-children>
- Cruse Bereavement Care – <https://www.cruse.org.uk/get-help>
- Talking to children about illness, BPS
Guidance <https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20illness.pdf>

The School Nurse is also available for health advice:



Parent advice & support

Healthy lifestyles

School transitioning

Emotional health

**is your child
5-19 and are you
looking for confidential
help and support?**

**A safe and easy way to contact
your School Nursing Team**

Just send a text or scan me

07480 635 515



**Improving
LIVES**

Disclaimer: This is not an emergency service; it operates Monday to Friday 9am - 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of an safeguarding issue the School Nurse has a duty of care to act on this and may escalate the concern.