



Wellbeing and Mental Health

Friday 18th March 2022



Our Ethos

Sussex Road puts children's wellbeing at the heart of all we do. We believe that children who feel safe and valued will want to learn and will succeed.



Maslow's hierarchy of need

What do children need to thrive?



Our Provision

1. High quality **whole school** provision
2. **Targeted** approaches for individuals or small groups
3. **Specialist** provision involving wider strategies and external agencies

Public Health England guidance

Figure 2. Eight principles to promoting a whole school or college approach to mental health and wellbeing.



Our approach to well-being

A whole school approach following the 5 Steps to mental health programme advocated by the Anna Freud national centre for children and families.



Our Wellbeing Team

Miss Sayers Mrs Cawker, Mrs Holmes, Ms Flaherty, Mrs Routh, Mrs Moon



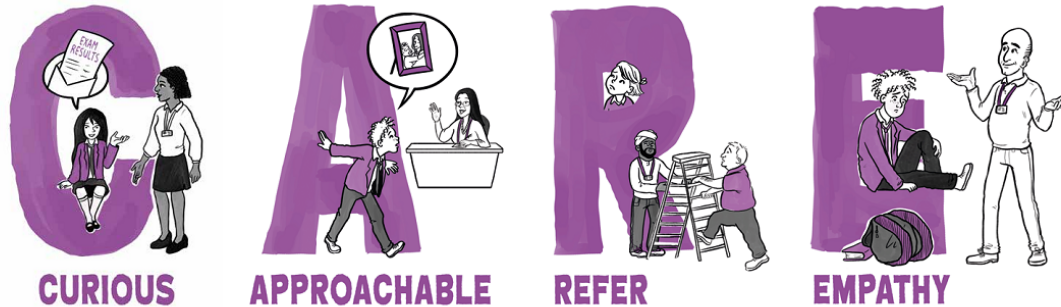
Benji



Mrs Archer

Whole School Approaches

Use the CARE principles to promote the mental health of children and young people in your school or college.



Watch the CARE animation and download the resources:
www.annafreud.org/careanimation

Follow the CARE principles....

<https://www.youtube.com/watch?v=ATjcdmPaoE>

Whole School Approaches

Psychological First Aid

Psychologically Informed First Aid (PFA) For All Ages



Look
For signs of distress



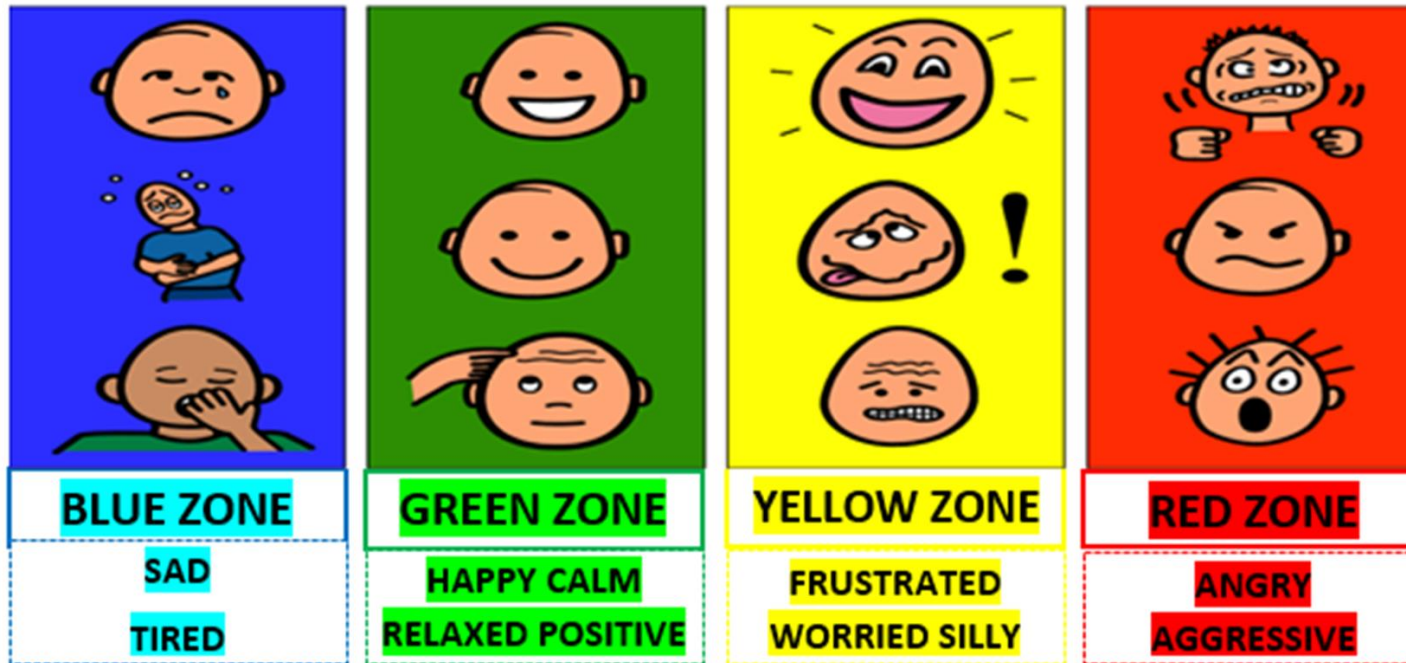
Listen
Even a short time can be great
Use good empathy
Build understanding
Be kind



Link
Them to sources of support
Remember community activities
like clubs, faith groups, physical
activities
Charities and statutory agencies
On-line resources

Emotional Regulation

Zones of Regulation



The Stress Container



What are your coping strategies?

The Emotional Cup - Children

THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate





Targeted approaches

- Resilience conversations
- CBT approaches – Thoughts-Feelings-Behaviour
- Containment – emotional regulation
- Wellbeing sessions – wellbeing mentor or school counsellor
- Monitoring and evaluating outcomes – CORC Wellbeing Measurement Framework
- PSHE curriculum, Circle Time and Science
- Targeted training to develop staff understanding of specific needs
- Changes to school timetable/routines/



Specialist provision

- Access to supporting agencies
- Early Help
- School Nurse Emotional Health Team
- Kent Resilience Hub
- Project Salus
- Specialist teaching service
- Health and CAMHS

**Kent
Resilience
Hub**

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SOLUTION.COM**



Useful Links and Resources

- <https://www.annafreud.org/parents-and-carers/>
- <https://kentresiliencehub.org.uk/community-2/covid-19-resources-2/support-for-parents/>
- <https://www.kooth.com/>
- <https://www.youngminds.org.uk/parent/>
- <https://www.place2be.org.uk/>