Emotional, Mental health and Wellbeing (EMH&W) at Primrose Lane Primary School

At Primrose we recognise the importance of focusing on the EMH&W of our children and also realise that this needs to be underpinned through the support of EMH&W for staff and parents.

Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make ontribution to her or his community *(World Health Organisation).*

Leadership and management	**Ethos and Environment**	**Curriculum and learning**	**Pupil participation**
At Primrose we recognise the importance of providing visible senior leadership for emotional, mental health and wellbeing. * Completion of the Somerset wellbeing award. * SENCO is designated lead for EMH&W. * Budget allocated for PSHE. * School/Trust policies in place such as behaviour, e-safety, RSE.	At Primrose we aim to promote wellbeing and respect and show how we value diversity. * Informative and welcoming website. * Primrose Post. * Daily meet and greet at the school gates. * Reference to British values during assemblies. * Visits from a range of people, including those with disabilities. * School Golden Rules. * A range of after school activities.	At Primrose focus is given within the curriculum to social and emotional learning and promoting personal resilience. * Use of Coram Life PSHE scheme of work – evidence in floor books. * Focus on SCARF themes during assemblies. * Regular online safety focus. * Staff use outdoor learning as much as possible. * Use of yoga, daily meditation and super movers etc to develop physical activity and mindfulness. * School trips.	At Primrose we ensure all children have the opportunity to express their views and help to influence school decisions. * School council. *Democracy – children involved in voting for various things during lessons and assemblies. * Rainbow club for service children. * Book and pick and mix homework sharing. * Participation in Parliament week. * Sharing of skills and information during assemblies – videos etc. * Restorative justice approach to behaviour.
Staff wellbeing and development	**Parents and carers**	**Identifying needs**	**Targeted support**
At Primrose we recognise the importance of developing staff EMH&W. * Staff questionnaires. * Support staff meetings. * MHST regular staff training. * PSHE curriculum training. * Staff consultation regarding school decisions. * Investment in staff health (insurance).	At Primrose we endeavour to work in partnership with parents and carers to promote EMH&W. * Signposting on website for parents. * Parent questionnaires. * Primrose Post. * Rainbow club activities to help parents integrate. * Parent workshops, performances and sports days. * MHST parent workshops * Class email addresses	At Primrose we have processes and systems in place to identify the emotional needs of children. * Weekly staff meetings to discuss vulnerable children. * Regular pupil progress meetings. * Trust safeguarding meetings. * Up to date safeguarding training. * Class systems for children to share worries. * Qualified SENCo – assessment tools. * MHST consultation meetings	At Primrose we aim to provide timely and effective action for children who need targeted support. * Links across the Trust to use expertise such as bereavement support. * Pastoral support * Lego therapy * Rainbow club * PFSA * Proven links with outside agencies

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