

Our named Mental Health and Wellbeing Staff



Mrs J Dolman
Deputy Headteacher



Mrs F Banks
Class Teacher



Mrs R Harry
Learning Leader



Miss L Billard
Attendance & Family Liaison

If you have a concern around your child's mental health and well being please contact us via the school office and we will contact you.

You can also find information on our school website

shirland.derbyshire.sch.uk

Look for 'Wellbeing' in the Parents and Guardians section.



Mental Health and Wellbeing at Shirland Primary School

Links to information and support

Please find below a link to websites that give details of different sites that provide advice and support.

For children

<https://www.camhs-resources.co.uk/websites>

For adults

<https://sandyhealthcentre.nhs.uk/practice-information/a-z-list-of-organisations-for-mental-health/>

What we do in school to support mental health and wellbeing every day

- ☐ We aim to create a happy, welcoming and supportive place to be
- ☐ We offer lots of opportunities for children to become confident and resilient members of school through our wide range of clubs, activities and school trips
- ☐ Our curriculum teaches children how to keep themselves safe and physically and mentally healthy
- ☐ Our special events and assemblies highlight factors that affect mental health and wellbeing, such as Safer Internet Day, British Values assemblies and sports events to name a few
- ☐ Children have a voice through our School Council representatives
- ☐ Children know they can talk to all adults if they need to, and how to do this
- ☐ We do a lot of work on behaviour and anti-bullying to make sure children feel safe and happy in school

What we do for children who need a bit of extra support

Point of contact— Mrs Harry

- * Nurture Group
- ☐ Friendship groups
- ☐ Social skills support
- ☐ Wellbeing check-ins
- ☐ Self esteem activities
- ☐ Support in identifying and dealing with emotions
- ☐ Strategies for dealing with anxiety or worry
- ☐ Anger management
- ☐ Support with changes and transitions
- ☐ Open drop ins
- ☐ Check ins
- ☐ Lego Therapy
- ☐ Arts Award (Mrs Pilkington)

Please ask if you want more details

What we do for children who still need further support

Point of contact—Miss Billiard

- ☐ Attendance support
- ☐ Signposting to support outside and inside school
- ☐ Referral, where possible and appropriate, to outside agencies such as CAMHS, Bereavement Support Services, Early Help Assessments and the School Nurse

For parents and carers....

- ☐ staff at the gate so parents and carers can share information about anything that might affect the child in school that day
- ☐ Signposting to extra support such as the Solihull course, NVR course, financial support services and food bank referrals
- ☐ Point of contact for any concerns

Please see the school website for more detailed information.