



# SUPPORTING MENTAL HEALTH AT BPA

Supporting the mental health of the school community is an important part of the school. This leaflet outlines the ways in which we support pupils and the school community who show early signs, experience difficulties, or require support for their mental health.

## Support for pupils across the school

A curriculum rich in wellbeing support, and clear, progressive schemes of work for Personal, Social, Health and Economic Education (PSHE) and Physical Education (Get set 4 PE).

Regular circle times, opportunities for pupils to talk to trained staff, opportunities for pupils to talk to each other and in confidence to someone.

Reflection times and access to mindfulness, yoga, and meditation.

Zones of Regulation are used across the school to support pupils with expressing, naming, and supporting their own emotional regulation.

Staff that are trained in spotting the signs of poor mental health and supporting trauma related behaviours.

A graduated response plan will then be put in place depending on their need.

## Individual and group support for pupils who need this

Staff are trained in a number of therapies or ways to support pupils' mental health through group sessions or 1:1 support. We also have therapists who work 1:1 offering individual specialist support; in play therapy, art, music, and Lego therapy.

We have a Pastoral Lead who supports pupils' mental health and related behaviour by offering them a safe space to talk and discuss difficulties they are facing on a regular basis.

One of our senior TAs is trained as our Wellbeing Ambassador, with additional TAs trained in developmental trauma and bereavement counselling.

All TAs support positive behaviour and social interaction in the playground

## Support for parents if they are concerned about their child's behaviour or mental health

Open door policy in talking to staff. Access to school therapists by appointment.

Ability to signpost parents to parental support groups.

*"Happiness can be found even in the darkest of times, if one only remembers to turn on the light."*  
— Albus Dumbledore  
from Harry Potter and the Prisoner of Azkaban

## Who can help..

We have a dedicated team of trained members of staff who are here to support pupils and their families.

Speak to Amanda or Mrs. Crosdale on the front gate, or telephone or drop a note into the school office.



## Staff Training in Supporting Mental Health

A number of staff across the school have been trained and are well equipped at offering support, and identifying pupils with mental health needs.

- Youth Mental Health First Aid course
- Mental Health Champions foundation programme
- Mental Health Awareness (Ealing)
- Whole School Approach to Mental Health (Ealing)
- Supporting Children and Young People's Wellbeing (Ealing)
- Developmental Trauma training
- Wellbeing for Education: COVID 19 Return to Work
- Psychological First Aid short course from Public Health England
- Mental Health Lead training
- We have a qualified Emotional Literacy Learning Assistant who supports all pupils across the school

Interventions and practice we use as part of our mental health package.

Play therapy

Art therapy

Lego therapy

Social skills group

Social thinking groups

Mindfulness

Yoga

Social stories

Speech and language groups

Communication groups

Occupational therapy groups

Behaviour support

CAMHS

Transition support

Parents training and support groups

## The Haven

Our Wellbeing Hub is called 'The Haven' and is based at the heart of the school.

Our aim is to provide a quiet space for reflection and rest, away from the demands of the workplace or classroom. This room is for mindfulness, reflection, reading, thinking, and being quiet and safe.

The Haven is an area where pupils who are finding regulating their emotions difficult can spend some time calming down and re-centring with the support of trained adults and the right resources.



## Our Wellbeing Hub

The Haven is open for drop-in sessions where necessary, as well as used for scheduled group and 1:1 wellbeing, and therapeutic and mental health support by professionals and external agencies.

The room can be accessed every day by all pupils and adults who require support. Pupils must be accompanied by an adult to the room, where a member of the wellbeing support team will facilitate intervention and support.

Through the use of the wellbeing room, the package of support that the children will receive will be bespoke to their individual needs and access will be facilitated on an as-needed basis.

### Wellbeing Team

Caroline Crosdale- Whole school Mental Health Lead

Priya O'Leary- SENDCo

Sue Sobell- PSHE and Wellbeing Lead

Peter Grey- Pastoral Lead

Amanda Smith- Emotional Literacy Support Assistant

Kelly Manners- Welfare and Mental Health First Aid Trained