

Brackenwood Infant School

Pulford Road, Bebington, Wirral, Merseyside, CH63 2HN

Email: schooloffice@brackenwood-infant.wirral.sch.uk

Tel: 0151 608 9117

Headteacher: Mr C. Mervyn



Mental Health and Wellbeing at Brackenwood Infant School

ELSA

We continue to support the emotional needs of our vulnerable children through the ELSA programme providing a calm, safe space for the children to feel supported and nurtured. Children learn best when they feel happier, and their emotional needs are being addressed.

Mental Health Policy

Our Mental Health and Wellbeing policy is now in place to promote and communicate our commitment to support the mental health and wellbeing of everyone in the school community.

Senior Mental Health Lead

Mrs Lamprou has been offered training as a senior mental health lead. The Department of Education has recommended that all schools have a lead to support and develop a whole school approach to wellbeing and mental health.

Mental Health First Aiders

Mrs Thomas and Mrs Lamprou have both received this training and are responsible for anyone in school. They are able to spot early signs of someone going through mental health issues and are able to offer help and guidance. They aim to reduce the stigma around mental health problems.

World Mental Health Day – Hello Yellow

On 14th October 2022, our school took place in Hello Yellow day. Children came into school wearing yellow to show young people that how we feel matters and to raise money for the charity Young Minds. A whole school assembly was delivered to explain what mental health is, why our emotions are important, the people who can support us and what strategies can be used when we have uncomfortable feelings.

Children in Need

On Friday 18th November 2022, the whole school took part to raise money for the charity which helps disadvantaged children in the UK.

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Children's Mental Health Week – Let's Connect

Children's Mental Health week took place from 6th -12th February 2023. On Tuesday 7th February, we launched this year's theme with a whole school assembly, and we encouraged children to make meaningful connections with others. We talked about ways we can include others when they feel lonely. On Thursday 9th February, we organised a Dress to Express day, where children came into school in a colour to express themselves and we raised money for the charity Place2Be. On the same day, we focused on the people we are connected with and we delivered an activity workshop for each year group.

Working with Parents/Carers

Family Liaison Officer (FLO)

Mrs Lamprou is our FLO and her role is to liaise between parents and the school and to be a point of contact and support parents if they have any concerns, issues, worries or feedback they wish to raise or discuss.

Mental Health Support Team (MHST)

The school aims to build a strong partnership with pupils, parents and carers and for that reason, from December 2022, we work in partnership with Wirral's MHST. MHST offers 1:1 support to parents, delivering a range evidence based interventions focused on mild to moderate anxiety, low mood and behaviour management. To date, three parents have been signposted to the service. On Friday 3rd March 2023 we organised a parents' workshop to help them support children's anxiety and develop resilience. The workshop was delivered by Wirral MHST, and feedback was very positive.

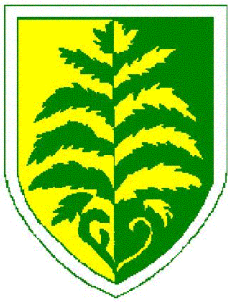
Staff training-CPD

We gave the opportunity to all staff members to participate in online training sessions on Adverse Childhood Experiences (ACEs), as well as Level 2 and 3 qualifications in childcare and education. Some of the training sessions available are:

- Level 2 Certificate in Understanding Autism
- Level 2 Certificate in Understanding Behaviour That Challenges
- Level 2 Certificate in Children & Young People's Mental Health

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- Level 2 Certificate in Mental Health First Aid and Mental Health Advocacy in the Workplace
- Level 2 Certificate in Understanding working with People with Mental Health Needs
- Level 2 Certificate in Counselling Skills
- Level 2 Certificate in Equality & Diversity
- Level 3 Diploma in Counselling skills
- Level 3 Certificate in Understanding Mental Health
- Level 3 Certificate in Understanding Autism

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