Emotional Health and Wellbeing in Primary Schools

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The Green Paper (Dec 2017)

Key points for PLC discussion:

• One in ten children and young people aged 5 to 16 has a clinically diagnosable mental health disorder

• A Designated Mental Health Senior Lead in every school by 2025

• Mental Health Support Teams working with schools, acting as an accessible link between schools and NHS services
PLC Focus

- What works well in promoting social and emotional wellbeing and responding to mental health problems in schools?
- A whole school approach to mental health and wellbeing
- Trauma-informed practice
- Stress and resilience
- Five Ways to Wellbeing
Carneige Centre of Excellence for Mental Health in Schools

• Leeds Beckett University
• A developmental framework to audit and evaluate current mental health practices, identify gaps, develop and strengthen these and work towards creating an emotionally friendlier environment for all.

• A whole-school approach.
• Bronze, Silver and Gold Award levels.
• 12-15 months (dependent upon school context).
Where to start?

“Relationships are the oxygen of human development”

- Peter Benson (American Psychologist)

-- Create an environment for children to thrive, not just survive.
-- Trauma-informed and relationship based.
-- These environments should be standard practice, not best practice.

-- Dr. Karen Treisman
“Relational poverty requires relational repair”

- Dr. Karen Treisman
Relational Treasure Box Metaphor
- Dr. Karen Treisman

Full and over-flowing with relational treasures, relational memories and relational experiences – over-flowing, adorned, decorated, held precious, protected and handled with care.

Unfortunately, not all children have overflowing relational treasure boxes, and so we need to fill their treasure boxes through our every day interactions.
Simple and Effective

**FIVE WAYS TO WELLBEING**

- **CONNECT**
  - Talk & listen, be there, feel connected
- **Give**
  - Your time, your words, your presence
- **TAKE NOTICE**
  - Remember the simple things that give you joy
- **KEEP LEARNING**
  - Embrace new experiences, see opportunities, surprise yourself
- **BE ACTIVE**
  - Do what you can, enjoy what you do, move your mood

Introduce these five simple strategies into your life and you will feel the benefits.