



Mental Health Newsletter

Autumn 2021



Mental Health Lead: Miss S El-Ghaly - Mental Health Governor: Mr D Dobson

We take your children's, your own and our staffs Mental Health and Well Being very seriously at Primrose Hill Primary, which is why we have worked very hard to develop our own personalised approach to Mental Health and Well-Being to ensure we create a supportive culture, which permeates everything we do!

Children are invited to sign up to an array of different after school clubs and activities as a supportive measure. Being involved in extra-curricular activities is proven to boost self-esteem and well-being.



We appointed a CHANGE TEAM, which comprised of the Mental Health and Wellbeing Lead: Miss El-Ghaly; The Chair of Governors: Mr Dobson and a fantastic team of parents, who met twice this term to exchange ideas, many of which have already been actioned upon. We created our vision for Mental Health and Well-being at our last meeting!



Extensive staff training has been undertaken this year: including peer on peer abuse, anti-bullying training, Prevent-anti-radicalisation training, Safeguarding training and online safety training.

We are working hard towards the Wellbeing for Schools Award, which provides a framework for us to work towards and celebrate all the work we are already doing



A new system to encourage talking about feelings and worries was developed and introduced to classes this term through EMOJARS! A coloured pom pom is dropped into a jar, in the morning to alert the teacher to the general feelings of the class. This enables **CELEBRATION** of generally happy feelings and **ACKNOWLEDGEMENTS** can be made if the class needs help feeling ok again. This works in conjunction with the worry boxes located within school and classes.

Children enjoyed a magic show as a motivational tool to boost mental health and well-being across the whole school community.

If you would like to find out more about Mental Health and Well-being, please visit <http://www.primrosehillprimary.co.uk/information/mental-health/>