



## Promoting Positive Mental Health at Goose Green Primary and Nursery School

### Wave 1— Provision for all

- Personal Wellbeing and Life Skills lessons are taught discretely throughout the school via whole class lessons, circle time, discussions and assemblies. It promotes fundamental British values, social, moral, spiritual and cultural understanding and prepares children and young people for the next stage in their lives.
- Positive Behaviour Management encompasses a holistic approach to supporting children and fosters an environment of mutual respect.
- Our core values of Equity, Trust, Aspiration, Positivity, Kindness and Pride promote conversation and reflection across the school and promote all children to learn about and develop these values. Through our own everyday interactions we ensure that these live and breathe across the school.
- Whole school community events raise pupil self-esteem and emphasise the importance of being part of a wider community, and the ways in which it can support our mental health e.g. through sharing food at the Black History Social Event or showing parents around the Art Exhibition.
- Lunchtime provision—we offer both indoor and outdoor provision with a range of activities targeting those who may struggle with an unstructured lunch time. We eat our lunch together sharing a family dining experience.
- After School Activity clubs provide enrichment for children and allow them to mix socially through shared experiences. Many of the clubs provide space for creativity, yoga in particular offers a time for calm reflection, whilst other fitness clubs allow a connection between physical and mental health.

### Wave 2—Additional Interventions

- Targeted small group or 1:1 interventions led by a learning mentor. This type of intervention is designed for children who will benefit from a short term structured programme to support with emotional literacy, thus seeing a positive impact on learning progress as a result. Interventions include social skills groups, nurture and self-esteem/ confidence building.
- Our family liaison officer provides children and families with additional support, helping parents/carers navigate through today's complex society.
- Highly skilled external professionals including an Art Therapist, Play Therapist and School Counsellor allow referrals to be made when a child's emotional wellbeing needs a higher level of support.

### Wave 3—Highly Personalised Interventions

We measure our pupils wellbeing using a Southwark online wellbeing survey. For children below the age of 8 (and who we may have a concern about) a Strengths and Difficulties Questionnaire will be used.

- When there are still concerns around a child's mental health or emotional wellbeing a referral will be made to CAMHS (Child and Adolescent Mental Health Services) for specialist support.