

*Billingham South Community Primary
School*



**Everybody Prepared and Inspired to be the Best we can be.
Excellent Classrooms. Excellent Relationships.
Hearts in Billingham and Eyes on the World.**

Our Mental Health Offer to Our Pupils

Everyday Practice at Billingham South

Our everyday practice at Billingham South is designed to recognise that all of us have Mental Health and all of us need to look after our Mental health in order to do our very best. This approach is enshrined in our primary vision statement: "Everybody Prepared and Inspired to be the best we can be". All our policies and practice keep this statement in mind at all times.

We were the world's first official "Outstandingly Happy School". We loved getting that award but we never stop trying to help our pupils become even happier.

Our curriculum is designed to give our pupils the opportunity to experience and promote **happiness, quality, trust, resilience and courage**. These are our core school values. They are encouraged throughout the school day. We have ambassadors for these values and children understand their importance.

Our pupils are encouraged to be confident and ambitious through our inspiring curriculum and extra curricular activities.

We demonstrate that their voice matters in lessons; through our school council; through our anti-bullying ambassadors and our sessions empowering pupil voice to make changes in school.

Our behaviour policy is Attachment Aware and Trauma Informed. We are ambitious for our pupil's conduct and our policy enables an assertive and compassionate approach at all times. We believe and show that warm, appropriate adult/pupil relationships allow children to flourish and accept challenges in a safe, caring environment.

We actively encourage challenge and risk-taking to improve confidence through a designed Resilience programme which builds through your child's journey at Billingham South.

We are aware it is a rapidly changing world. All our staff are CEOP trained to empower children to keep themselves safe online. We also run pupil voice sessions on online safety where appropriate.

We are also early adopters of a new Personal health and Social Education and Relationships and Sex Education curriculum to prepare our children for the modern world. Our training for this and our anti-bullying training has been delivered by Stonewall. We are a Stonewall Champion School.

Our aim is to ensure ALL our staff are trained in management of anxiety and management of sensory difficulties over the next twelve months.

Services for Your Child and Your Family

ABC Counselling Service provide 1:1 play therapy sessions for as long as your child needs it.

ABC provide a transition club which is jointly funded by ourselves and Northfield School and Sports College to enable a confident and happy transition for Primary to Secondary School.

In some limited circumstances it is sometimes possible to explore other therapy solutions.

We are able to provide links to Youth Directions, Nudge Solutions (for disengaged children) and many other services through our Parent Support Advisor and/or the Early Help Service

If you believe your child requires individual support, this can be requested through the Head Teacher, Deputy Head Teacher or Parent Support Advisor. There is often a waiting list for these services.

We offer less intensive solutions delivered by our excellent staff including Lego Therapy, Theraplay, Socially Speaking, Friendship Groups and Garden Therapy.

We have an experienced and trusted Parent Support Advisor. She offers meetings, home visits and bespoke solutions to problems to ensure that families are empowered to do their very best for their children.

We offer a parent/toddler group on Friday afternoons to allow you to get to know school early, enjoy the company of other parents and get together in comfortable, happy surroundings.

We offer an online wellbeing service "Kooth" to all our Y6 school leavers which will enable pupils to set targets for their own well being. It will also give them direct access to help and advice whenever they need it.

We believe that excellent Mental Health is connected to excellent Physical health. So we have an ambitious PE programme. We also have an extensive range of sports teams and clubs. We offer "Change 4 Life Club". We also offer Yoga to Reception Classes, some SEND pupils and some older year groups. We give all our children the chance to learn to ride a bike and become independent. We give all our children the chance to learn to swim 25 metres. We ensure our playground is well-stocked with toys and games which encourage plenty of fun and activity.

We offer daily mindfulness and/or massage lessons in classrooms where staff are trained to deliver these sessions.

CAMHS

If these services do not meet your child's needs, we will be able to support you in referring your child for help from CAMHS. We are always happy to work with CAMHS to adapt our provision and meet your child's needs.