



MENTAL HEALTH AND WELL-BEING

The wellbeing of our whole school community is a priority at St George and St Teresa. Please remember that our school is here to support everyone and if you have any worries, concerns or anxieties about yourself or your children, please let us know. We all have mental health and we believe it is important that children are encouraged and supported to look after their mental health every day.

In recent times, we have recognised that now more than ever, we need to support children to regulate, express and understand their emotions. Being mentally healthy means that we feel good about ourselves, make and keep positive relationships with others and can feel and manage the full range of emotions. These can range from happiness, excitement and curiosity through to less comfortable feelings such as anger, fear or sadness. Good mental health allows us to cope with life's ups and downs, to feel in control of our lives and to ask for help from others when we need support.

At St George & St Teresa we recognise the importance of Mental Health and Wellbeing and the impact that it has on our children lives and our families lives. We want all of our children to thrive and be the best person that they can be. In order to meet the needs of all our children, we use different strategies and approaches depending on the level of need.

Universal:

- A robust bespoke PSHE curriculum.
- Catholic Life opportunities
- A diverse extra-curricular offer to develop children's interests, independence and self-esteem.
- Relationships are at the heart of all our interactions including those with adults and children.
- Our RHSE curriculum ensures that it meets the needs of our children in today's world
- 'The Zones of Regulation' is used throughout Key Stages 1 and 2. It supports children in recognising and regulating their emotions through the development of their personal toolbox.
<https://www.zonesofregulation.com/index.html>

Targeted:

For children who have been identified as needing more than the universal provision.

- Meet and Greets, regular check in throughout the day and at the end of the day.
- Specific personalised rewards
- Small group interventions
- Access to a safe space
- Named key adult

Specialist:

For children who require more than targeted provision. They will have access to:

- SISS SEMH teacher through referral and parental permission.
- Referral to CAMHs,
- Kooth for children aged 11 plus
- MALACHI

Where can you go for support?

School:

Speak to a member of staff in school who will direct you to an appropriate member of the team.

School Nurse:

Parents can text a School Nurse for advice about mental health and wellbeing via our Chat Health Parent Text line 07480 635 496. Please see the latest video from the Solihull School Nursing Team. This video is aimed at Primary school aged children regarding emotional health and wellbeing. <https://youtu.be/7LjLI386yI0>

Visit your GP and discuss your concerns.

SOLAR

Solar is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Barnardo's and Autism West Midlands provide emotional wellbeing and mental health services for children and young people in Solihull. They provide multi-disciplinary assessment and treatment of children and young people with mental health or severe emotional and behavioural difficulties. The service currently accepts children and young people, until their 19th birthday, or have a Solihull GP.

They are now accepting self-referrals from young people and parents/carers. This means that young people, or their parents or carers, can fill in a form and send it back to Solar if they think they might need help from this service. Please visit the referral page for more information:

<https://www.bsmhft.nhs.uk/our-services/solar-youth-services/> Please note, they only accept referrals from families who have a Solihull GP, or children/young people under the age of 19 who are in the care of Solihull Metropolitan Borough Council and live out of the borough, and therefore don't have a Solihull GP.

Young Minds

Provide support for young people and their families. <https://youngminds.org.uk/find-help/for-parents/>
<https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>

Young Minds Parents Helpline: **0808 802 5544** (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

Caring Minds

Birmingham and Solihull Mental Health Charity 24/7 hotline 0121 262 35555

Place2b

Information for parents, carers and young people <https://www.place2be.org.uk/>

- Anxiety UK www.anxietyuk.org.uk
- OCD UK www.ocduk.org
- Depression Alliance www.depressoinalliance.org
- Eating Disorders www.b-eat.co.uk and www.inourhands.com
- National Self-Harm Network www.nshn.co.uk www.selfharm.co.uk
- Suicidal thoughts Prevention of young suicide UK – POPYRUS: www.papyrus-uk.org
- www.mind.org.uk advice and support on mental health problems www.minded.org.uk (e-learning)
- www.time-to-change.org.uk tackles the stigma of mental health
- www.rethink.org challenges attitudes towards mental health

NHS

Every Mind Matters – this link takes you to lots of support and advice for the whole family.

<https://www.nhs.uk/oneyou/every-mind-matters/>

Public Health England

Public Health England have produced guidance for parents and carers on supporting children and young people's mental health and wellbeing. <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing> This includes key actions they can take to support their child or young person's mental health and wellbeing during the pandemic such as supporting safe ways to connect with friends. It also emphasises the importance of children continuing to remain fit and active and, wherever possible, having the 60 minutes of daily physical activity recommended by the Chief Medical Officers.

Association for Physical Education

<https://www.afpe.org.uk/coronavirus-guidance-support/>

Youth Sport Trust

<https://www.youthsporttrust.org/coronavirus-support>

Sport England

<https://www.sportengland.org/how-we-can-help/coronavirus>

Further publications and information which you may find useful:

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

<https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>

Solihull : We are thinking of you

Building Resilience in Children

Teenagers struggling to sleep

[Emotion Coaching](#)

<https://www.stopbreathethink.org.uk/>