



Kensington Avenue Primary School
Wellbeing Statement
2023/24

At Kensington Avenue Primary, we want to promote positive mental health and emotional wellbeing. Prioritising the wellbeing of children and staff ensures that outstanding teaching and learning can take place and that the school is a community where everyone feels able to achieve. We are committed to embedding healthy lifestyle choices within our school curriculum.

A key aspect of our role in school is to ensure that children can manage times of change and stress and that they are supported to reach their potential or access help when they need it. We also have a role to ensure that children learn about what they can do to maintain positive mental health, what can affect their mental health, how they can help reduce the stigma surrounding mental health issues and where they can go if they need help and support. **Supporting Mental Health and Wellbeing**

At Kensington Avenue we have a designated team supporting the wellbeing and mental health of our school community:

Senior Mental Health Leader: Clare Cranham

Designated Safeguarding Leads: and Gill Chamberlain and Justine Bristow

Designated Safeguarding Officers: Pammy Bhambra and Teresa Jones

SENCO: Gill Chamberlain

Inclusion Assistant Head: Justine Bristow

Inclusion Assistant: Sapna Bhambra

Mental Health First Aiders: Sapna Bhambra, Sala Ba and Lisa Allen

PSHE Lead and School Council: Henriette Schroder and Menna Thompson

Pastoral Lead: Natalie Tanner

Staff Wellbeing Lead: Sala Ba

Nurture Trained Staff: Jeanette Boniface and Jaqui Leslie

Croydon Mental Health Support Team (MHST)

Croydon Mental Health Support Team work within our school to provide additional emotional wellbeing support to children, families and staff.

Team Leader & Children and Young People Counsellor: **Alison McGivern**

Education Wellbeing Practitioner: **Peace Onyema**

Mental Health Practitioner: **Peace Onyema**

Teaching Emotional Wellbeing and Mental Health

Positive wellbeing is promoted through the curriculum and all school activities. Through a carefully planned approach to PSHE, our pupils are helped to acquire the knowledge and to develop the skills and understanding they need to lead confident, healthy, independent lives and to become resilient, informed and responsible citizens. Whole-school approaches such as assemblies and circle times are used to further develop pupils' understanding of positive mental health. Pupils also learn how to use a range of strategies to maintain their own emotional wellbeing. Whole school events are held throughout the year including Healthy Me Week and Keeping Me Safe Week. Pupils, families and staff have opportunities to give us feedback about our approach to wellbeing through surveys that help us evaluate and review our teaching and provision. Staff have access to training in aspects of health and wellbeing in order to help them recognise where extra support is required and how it can be provided.

We have a whole-school approach to promoting positive mental health and well-being. Our vision is for all pupils to achieve through:

- Ensuring there is a positive, supportive and inclusive ethos where children can thrive and achieve their personal best
- Providing an emotionally secure and safe environment that prevents any form of bullying or violence
- Helping children to develop social relationships, support each other and seek help when needed
- The early identification of children who have mental health needs and planning support to meet their needs, including working with specialist services
- Providing specific help for those children most at risk or already showing signs of social, emotional and behavioural problems
- Raising awareness within the wider community to de-stigmatise mental health
- Working effectively with parents and carers
- Supporting staff to develop their own resilience and offering training in how to develop children's social, emotional and psychological wellbeing

Guidance and Advice for Parents and Carers

We are keen for parents and carers to talk to us about any concerns they have about wellbeing or to make suggestions of ways to develop the PSHE curriculum and they can speak to any member of staff or one of the wellbeing team. Alternatively, we can signpost to other organisations or resources that provide wellbeing and mental health advice and the following links below are especially useful:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/>

<https://www.studentminds.org.uk/lookingafteryourmentalwellbeing.html>

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