

**Elworth CE Children’s Mental Health and Wellbeing Policy**

Good mental health means we generally feel able to cope. We can think about things in a calm way. And we are able to understand and express our emotions in helpful ways. Poor mental health means that the way we think, feel or behave can be difficult to cope with (Mind 2025).

Mental health is important and at Elworth CE, we want to make sure you feel safe and secure to be able to talk about how you feel and what is making you feel this way.

It is normal to sometimes feel worried, scared or upset, just as it is normal to feel happy , excited and joyful! Sometimes, those uncomfy emotions can start to feel really big and start to overwhelm us. This is when you may need some extra help!

At Elworth CE Primary School we will try to:

* Help children understand how they feel and why
* Help children understand the world around them and how other people feel
* Help children identify who they can talk to in school should they feel uncomfy emotions
* Help children to understand what healthy relationships look and feel like
* Help you to express yourself as a individual
* Help you develop your self esteem and worth
* Help you become resilient and develop a growth mindset
* Have a welcoming, safe environment

All staff are involved in looking after the mental health of the children. The lead staff for this are:

* Mrs Roberts ( Mental Health Lead)
* Mrs Buckley (SENCo and Assistant Headteacher)
* Mr Garratt (Headteacher)
* Cathryn Houghton (Chaplin)
* Mrs Marrow (Acorns lead)
* Mr Darby (Physical Wellbeing Lead)

**Talking about how you feel**

You can talk to any member of staff about how you feel. They will listen to you and try to help you. They may need to speak to other adults who can help you as well. There are some occasions where we may also need to speak to parents/carers.

**Comfy emotions**

Some emotions feel comfy and these are enjoyable feelings.

Comfy emotions are:

* Happiness
* Excitement
* Joy
* Relaxed
* Love
* Calm
* Surprise

**Uncomfy emotions**

Uncomfy emotions are those feelings which are hard to have. They are the feelings we do not want to have very often. Some of these feelings are important though as they can keep us safe and help us make better choices.

Uncomfy emotions can be:

* Sadness
* Worry
* Anxiety
* Grief
* Jealousy
* Anger
* Disgust
* Shame
* Embarrassment

These feelings should come and go. It is natural to feel these emotions from time to time.

If you feel uncomfy emotions on most days then it is important that you come to school and speak to someone about this ( if you feel comfy doing so!) We will always try to help you.

**Who else will we work with?**

Some children need extra help to manage their emotions. School will work with different adults to help children feel better and manage how they are feeling. This may include:

* School Nurse (Beth Lester)
* Visyon
* Educational Psychologists
* Childrens and Adolescent Mental Health Services (CAMHS)
* Family Help Workers
* Social Care Adults