

Mental Health and Wellbeing Support at Sneinton

What happens in school to promote mental health?

All children access an ambitious curriculum which promotes mental health. Our PSHE curriculum is designed to nurture children to be confident and happy, increasing their capacity to learn and preparing them for the challenges of the modern world.

Children are provided with opportunities to develop their emotional intelligence and life skills.

Wellbeing buddies are nominated to support other children within school.

Some children need a little extra support.

We have a team of staff who work in school to support individuals who may need early help support:

- ☐ Learning Support Assistants
- ☐ Learning Mentors
- ☐ Mental Health Support Team Practitioners
- ☐ An Emotional Wellbeing Facilitator

Occasionally, a child may have more complex mental health needs. We can signpost you and support referrals to specialist agencies such as behaviour and emotional health teams and CAMHs.

These sessions usually take place outside of school with medical professionals.



What can I do if I have concerns about my child's mental health?

School

Speak to your child's class teacher or one of the inclusion team. We can then either put direct support in place or signpost you to appropriate agencies and services.

Nottingham City Services

[Visit their website](#)

This website includes a link to make a self-referral to both the behaviour and emotional health team and CAMHs.

Visit your GP to discuss your concerns.

Charities

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

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

<https://www.nipinthebud.org/films-for-parents-carers/>

If you have any questions about the way we promote being mentally healthy in school or you have a concern about your child please pop into school for a chat.



TOGETHER WE CAN ACHIEVE

Be kind to one another and build each other up. 1 Thess 5:11