



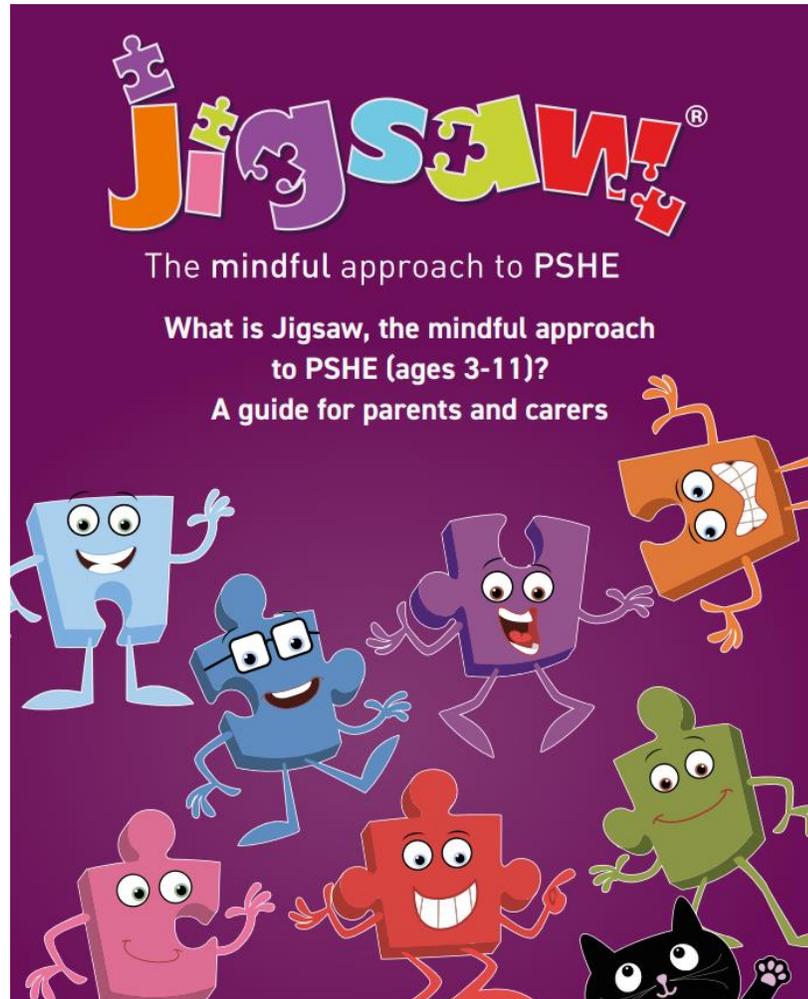
Mental Health and Wellbeing at Bassingham primary school

Wellbeing Workshop 29th June 2022

Overview

- Over the course of your child's education, children spend over 7,800 hours at school. With such a huge amount of time spent in the classroom, schools provide an ideal environment for promoting good emotional wellbeing and identifying early behaviour changes and signs of mental distress. The social and emotional skills, knowledge and behaviours that young people learn in the classroom can help them to build resilience and set the pattern for how they will manage their mental health throughout their lives. Emotional wellbeing is a clear indicator of academic achievement, success and satisfaction in later life. Evidence shows that mental health and wellbeing programmes in schools, can lead to significant improvements in children's mental health, and social and emotional skills. Wellbeing provision in schools can also lead to reductions in classroom misbehaviour and bullying.

JIGSAW - Our school's PSHE scheme



There are 6 units of work:

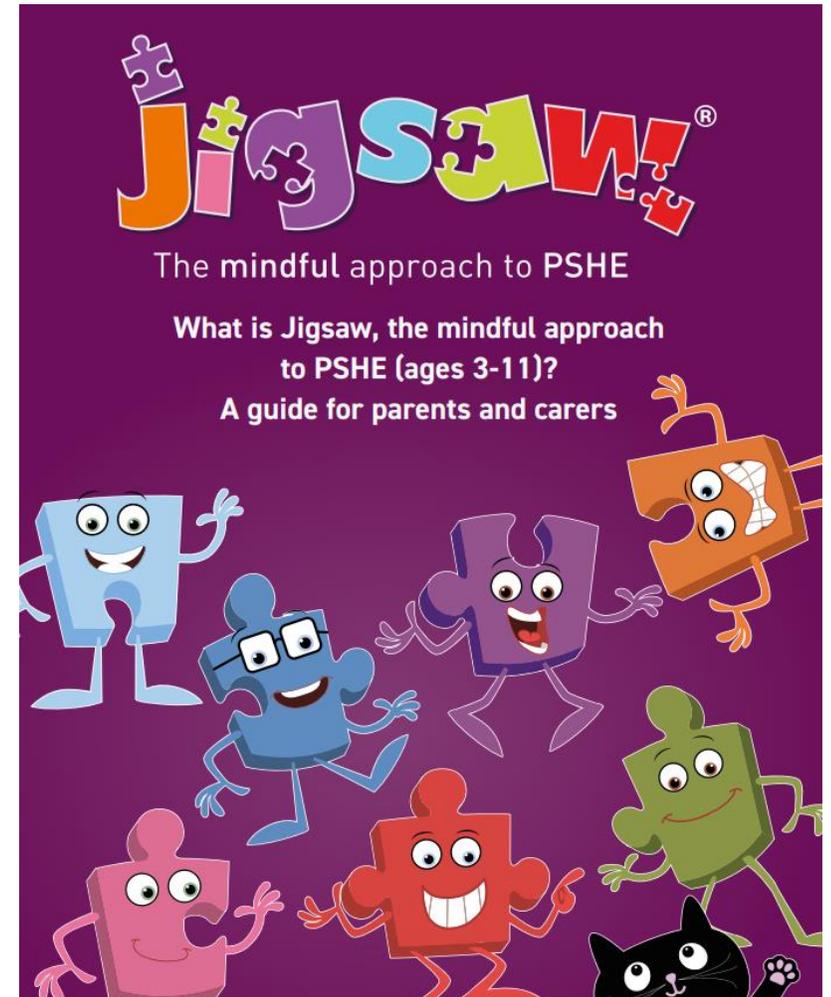
- Being Me In My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

Term	Puzzle (Unit)	Content
Autumn 1:	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Summer 2:	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change

JIGSAW - Our school's PSHE scheme

Our PSHE curriculum will include opportunities for children to:

- Develop their self-esteem, resilience and confidence
- Practise mindfulness
- Learn how to make choices to stay healthy and safe
- Develop social skills and respect for others
- Celebrate uniqueness
- Build empathy and understanding of others
- Develop their self-awareness and self-identity
- Manage emotions, attitudes and motivations
- Add to their sense of community and belonging
- Understand rights and responsibilities
- Further their communication and team working skills
- Cope positively with change
- Reflect on their learning
- Set goals and develop aspirations



Wellbeing at Bassingham Primary School

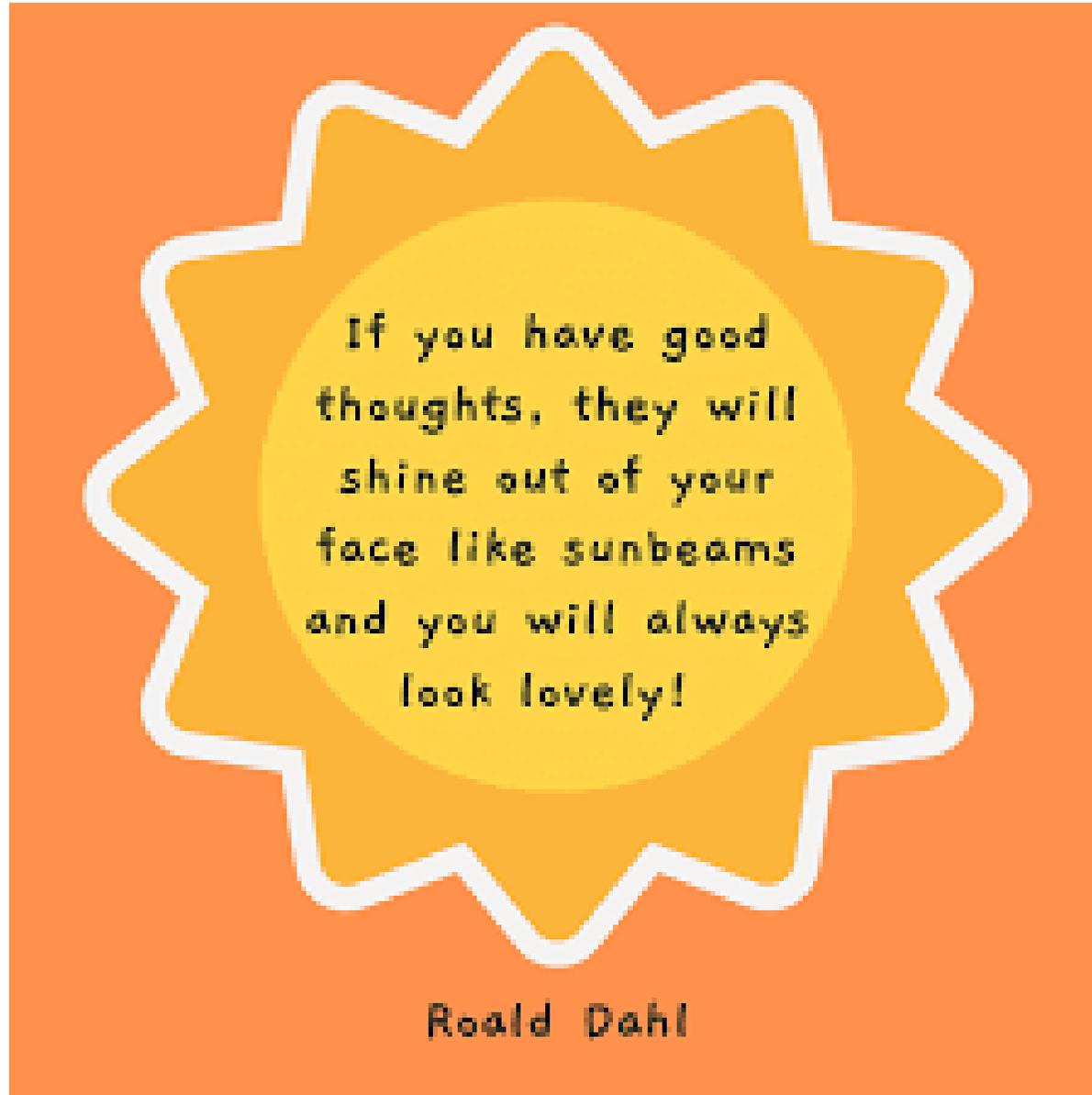
- Tribal Classroom
- Negative Bias Brain – What went well?
- Wellbeing Surveys – September, January and June
- Wellbeing Wednesdays
- Proud Pegs
- Celebrations - Children in Need, Children's Mental Health Week, World Kindness Day etc
- The Voice with Mrs Markham (Next Step to Develop)
- Student Wellbeing Champions

Student Wellbeing Champions

The Wellbeing Champions roles and responsibilities within the school are to:

- Help other children in the school to get support from an adult
- Help the school to be emotionally healthy
- To be responsible for a wellbeing board within the school that will have information about emotions and how to be emotionally healthy
- Create and hand out the Bassingham School/Healthy Minds emotional wellbeing newsletter in the school
- Help the school and Healthy Minds to understand what children need in order to stay emotionally healthy
- Be involved in emotional wellbeing activities in school, for example, the student wellbeing champion might like to speak in assemblies about emotions or share pictures and stories to help other children understand emotions and feelings
- Be in a student champions team, helping each other and going to group meetings to talk about being emotionally healthy in school

Student Wellbeing Champions



Roald Dahl

