

Mental Health & Well Being Support for Children at Firs Primary School

Our Learning Mentor is based in 'The Orchard' and she is a Mental Health First Aider Miss Talbot is on hand to help support Mental Health & Emotional Well-Being across school.

Outside agencies support

The Learning Mentor works alongside the SENCo and external agencies. She is also part of the safeguarding team. Her role allows her to support parents and children in many situations, for instance accompanying children to medical appointments and on transition days. We also have access and support in the delivery of many initiatives: Winning Minds - Live Well - Safe & Sound - Building Sound Minds - Action for Children

Also referral to the health team through SPOA
School Nurse & Community Pediatrician
Educational Psychologist



Home support

The Learning Mentor runs a number of family learning sessions to support parents and carers and to promote spending quality time with their children. Sessions can include:

- Healthy cooking and budgeting
- Improving literacy and numeracy
- 1-1 parental meetings to include home visits

ESOL

We also offer Early Help when needed through an EHA which can be completed and sent to VCM

Support with paperwork to access support where needed

We have an open door policy for all our children and their families

School support

Our Learning Mentor provides a high level of pastoral care which includes:

Provision of uniform, PE and swimming kits

Lunchtime support around mealtimes—also every child has a Birthday Celebration in school

Programs to support; self esteem, anxiety, bereavement, friendship issues e.g. Lego Therapy, Restorative Justice and the Inner Journey.

Boxing club weekly

Peer mentoring

Forest school

Catch up programme over lunchtimes

Drop in sessions/Worry boxes

Internet safety

Community Links and Wider Opportunities

We have strong links with a variety of organisations that help provide opportunities for our pupils that they might not otherwise have access to. For example, Derby KIDZ Camp and Skegness Children's Holiday Centre provide much needed breaks for vulnerable and disadvantaged children at the school.

Other opportunities include theatre trips and many creative artists coming into school to promote positive mental health and well being.