

## Mental Health & Well Being Support for Children

Our Pastoral Lead supervises 'The Orchard', and supports the staff who work in there. She is a Mental Health First Aider and is part of the Mental Health Team. Miss Talbot is on hand to help support Mental Health & Emotional Well-Being across the school. Our aim is to support positive healthy relationships and self care for all.



### Home support

The Orchard 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
- Art & Craft
- 1-1 parental meetings to include home visits
- ESOL
- Assist with paperwork to access support where needed
- We have an open door policy for all our children and their families
- We also offer Early Help when needed through Team around the Family or EHA which can be completed and sent to VCM
- We are extremely proud of our Free Breakfast Club, which is inclusive to every child and gives them a great start to the day

### Outside agencies support

The Pastoral Lead works alongside the SENCo and external agencies. She is also part of the safeguarding team and is responsible for CPOMS. Her role allows her to support parents and children in many situations, e.g. accompanying children to medical appointments and on transition days. We also have access and support in the delivery of many initiatives: Active Schools -Safe & Sound- Compass- EFD Mentor-Bridge the Gap, as well as access to Guitar/Art therapy. And Police, Fire & Health community services. Also, referral to the health team through SPOA, School Nurse & Community Pediatrician.

### School support

Our Orchard Facility provides a high level of pastoral care:

- Provision of uniform, PE and swimming kits, sanitary products, support for head-lice, diabetes etc.
- Lunchtime support around mealtimes—also every child has a birthday celebration cake in school
- Programs to support; self esteem, anxiety, bereavement, Lego Therapy, friendship issues/restorative justice approach
- Weekly-Boxing club, Peer Mentoring, Forest school, Lunch-time catch-up programme
- 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 Kids' Camp and Skegness Children's Holiday Centre provide much needed breaks for vulnerable and disadvantaged children at the school.

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