

For Parents

Signposted links on **school website** for local and national support for mental health and wellbeing

School staff available before and after school

Parent workshops e.g. online safety, sleep workshop

Hints, tips and advice on school **facebook and newsletter**

Coffee mornings

For All Children

Lunchtime games and craft activities club (each class has its own day) '**OTTERS**'

OTTERS lunchtime **drop - in** for children to discuss concerns

Playpod Scrap Store - play with loose parts available for creative play every dry day

Emotional Literacy Display

Neurodiversity Display

Reading area for quiet time on the astroturf at break and lunch

Trick Box – lessons with coping strategies for challenging situations



Forest School provided by Hidden Valley– independence, resilience, self-esteem, confidence and teambuilding skills

Reading buddies so children can form relationships with other year groups through the school

Playleaders – lunch and breaktime games and activities led by Year 6 children to support inclusive games and activities

Pupil voice **school council** meetings – to give children a voice and opportunities to suggest improvements to school life

Pond area and hide for nature walks with classes and mindful experiences throughout the seasons

Personal, Social, Health and Economic curriculum taught via 'Jigsaw'

Affordable and varied **school clubs** after school each day

Friday **music fun** on the playground!

Whole school and class worship (**assemblies**) daily to facilitate reflection and model values

Each child has had a chance to think about and select their favourite '**trusted adults**' with whom they would speak to if they had any worries or concerns

Religious Education curriculum (cycle of enquiry encouraging empathy and reflective discussions)

Vision ambassadors as well as our school **vision and values** lived throughout school day

For Some Children

OTTERS open invite regardless of class rotations

Nurture club in the morning to help some children with their arrival

Therapeutic active listening assistant (**TALA**)

3 **Emotional Literacy** Support Assistants (**ELSA**)

Friendship groups

INSYNC – pupils and parent link with 6 sessions a year (Year 2)

Gardening club in the afternoons

KS1 children free **fruit or veg** snacks daily

Mental Health champions (team handpicked to assist at OTTERS)

