

Wellbeing Award at St Richard's

At St Richard's we offer the following activities to support wellbeing within our community:

Child/Staff Daily/weekly compliment initiative

Church Service every Monday

Prayer Group for Parents

Physical activities – running club, swimming, fun sports,

Faith ID

Value badges

Resilience training - PATHS

Mental Health Champions – Siân Murphy / Jo Wilson

Welfare leader – Alex Rice

Restorative approach – whole school approach to conflict resolution

Worry box in classes

Educational Psychologist

Weekly celebration assembly (rejoice)

Nurse 'drop in' for parents

Volunteer Child Psychologist

Play therapist

Therapy dog – Bertie!

Weekly pastoral support for staff from St Richard's Vicar

Dedicated spaces for wellbeing

Sunshine club – indoor area at playtime

Open door policy form SLT

Singing – assembly, choirs, whole school events

Outdoor Nurture group

Forest School

The award was developed in partnership with the National Children's Bureau (NCB). The whole school award focuses on ensuring effective practice and provision is in place that promotes the emotional wellbeing and mental health of both staff and pupils.

The award has a focus on changing the long-term culture of a school, and embedding an ethos where mental health is regarded as the responsibility of all.

To achieve this award we must:

- Show our commitment to promoting mental health as part of school life.
- Improve the emotional wellbeing of our staff and pupils.
- Ensure mental health problems are identified early and appropriate support provided.
- Offer provision and interventions that matches the needs of our pupils and staff.
- Engage the whole school community in the importance of mental health awareness.
- Capture the views of parents, pupils and teachers on mental health issues.

The process to demonstrate that we have achieved the award is to provide evidence that we meet the following targets and objectives. As part of this process we have created an action plan which summarises activities and actions required to achieve these objectives. We have already started our journey of wellbeing and have already met or partially met some of the objectives below. Through our action plan, we will now continue to improve and make improvements to provide even better wellbeing (emotional, physical, social and spiritual) for all the community in a truly holistic approach.

Objective 1: the school is committed to promoting and protecting positive emotional wellbeing and mental health by achieving the Wellbeing Award for Schools.

Objective 2: the school has a clear vision and strategy for promoting and protecting emotional wellbeing and mental health, which is communicated to all involved with the school.

Objective 3: the school has a positive culture which regards emotional wellbeing and mental health as the responsibility of all.

Objective 4: the school actively promotes staff emotional wellbeing and mental health.

Objective 5: The school prioritises professional learning and staff development on emotional wellbeing and mental health.

Objective 6: The school understands the different types of emotional and mental health needs across the school and has systems in place to respond appropriately.

Objective 7: The school actively seeks the ongoing participation of the whole-school community in its approach to emotional wellbeing and mental health.

Objective 8: The school works in partnership with other schools, agencies and available specialist services to support emotional wellbeing and mental health.