How we support **Wellbeing** at Cubitt Town Primary School

Curriculum

Our wellbeing curriculum filters throughout our whole curriculum.
We are an **oracy** school and want children to share their emotions and learn to regulate them. We use **zones of regulation** in each class.

Our **oracy assemblies** are an opportunity to make our voices heard and we have school councillors who represent our classes.

We are a **non-shouting school** and use the **peace path** when we have disagreements on the playground.

Our PSHE curriculum in CTPS is based on the Jigsaw unit of PSHE. The **Jigsaw** curriculum is a whole-school approach which embodies a positive philosophy and creative teaching and learning activities to nurture children's development as compassionate and well-rounded human beings.

We also use emotional vocabulary when we discuss topics in English, history and geography and think about other people's perspectives.

Classrooms: Every classroom should have an emotion regulation station whereby children can access tools necessary to regulate their emotions. They also have an emotion check in charts where children can identify how they feel. We use the Zones of Regulation.

In school support

Stage 1 - Teacher has concerns about a child's wellbeing
Brings to phase lead who brings to HWC team
What support to put in place is decided

Monitor attendance	We specifically monitor vulnerable children	AWA involvement/ support from JJ/KW
Learning mentor	Rupia/ Karen run friendship groups	To help facilitate better social interactions
Learning mentors	1:1 sessions	Karen, Rupia, Mr Hart For additional pastoral support
THEWS	1:1 sessions to help parents	THEWS team
THEWS class support	Sessions for classes/ children that might need additional support	THEWS team
At the Bus	1:6 - half term sessions	At the Bus team Ferudis

Monitoring and support

- HWC children spoken about weekly in phase meetings
- HWC team meets every half term.
- Trauma informed school award (in progress)

Additional support

BASS	Local authority behaviour support	Strategies to support children with SEMH
THEWS	TH Education Wellbeing service	Strategies and signposting to services that can help
CAHMS	Child, Adolescent MH services	Services to pin point issues and put in additional support
Phoenix	SEND specialist support	Support with behaviours linked to SEND
At the Bus	Art Therapy	In school support
Half moon theatre	Transition support	Whole class support

Wellbeing Days

We celebrate a range of different days across the year specifically around children's wellbeing.

These include:

- Hello Yellow day (young minds)
- Anti-bullying week
- Children's Mental Health week (Place2Be)
- Safer Internet Day
- Wear Red - stand up against racism

Ms Whitwam is the Senior Mental Health Lead.

If you have any concerns or queries please contact her.

Community support

We have a community house that offers regular support to parents to support them with a range of issues whether they are financial or personal. The community house also runs educational courses and opportunities to develop new schools.

Please contact Jacqui Jenkins if you have further questions.

Staff wellbeing

- We have Adult mental health first aiders (Jacqui Jenkins, Karen Ward)
- We do a staff survey every year and look at what's working and what we can improve.
- We have an open door policy
- We ensure PPA and additional leadership time are ring fenced

- We are signed up to education support 08000 562 561
  https://www.educationsupport.org.uk
- We can sign up to headspace for free!
  https://www.headspace.com/educators