

### Mental Health and Well-being

As a school, we are exceptionally proud of the systems and strategies we have in place to support the mental health and wellbeing of our pupils.



### Support for Parents

We recognise that, sometimes, life's challenges start to take a toll on the mental health of our wider school community. This is especially prevalent during the current climate. We are committed to supporting the emotional wellbeing of all members of our school community and we aim to support families wherever possible. If you would like additional support, please do not hesitate to contact the school office, who will direct you to a member of our team.

### Support for Pupils

Our curriculum extends beyond the academic and provides for pupils' broader development: spiritual, moral, social, cultural, and personal. We aim to deliver high quality SMSC and PSHE lessons to develop pupils' characters by promoting positive traits, dispositions and virtues that inform our children's motivation and guide their conduct. Alongside this, the school provides excellent pastoral support to its students and their families. Family engagement is of high importance: parents and carers are welcomed into school regularly to attend family learning events, curriculum themed workshops and to support their child's learning.

Cuddington Primary School is proud to offer different levels of wellbeing support:

**Universal Support** – To meet the needs of all our pupils through our overall ethos and our wider curriculum. For instance, developing resilience for all.

**Additional support** – For those who may have short-term needs and those who may have been made vulnerable by life experiences such as bereavement or the recent pandemic.

**Targeted support** – For pupils who need more differentiated support and resources or specific targeted interventions such as wellbeing groups or personal mentors. These are led through both internal staff expertise and external agencies work.

Some of our targeted support programs include:

- ELSA (Emotional Literacy Support Assistants)
- Drawing and Talking sessions
- CAMHS
- Police Safeguarding Intervention Team
- Family support interventions
- 1:1 emotional wellbeing sessions
- SEND team

