

St Anselm's



Promoting our children's well being and
positive mental health



Target for the school this year:

To improve mental health and well being for all children.

The more certain kids are that someone's got their back, the more confident and autonomous they can be.”– Melinda Wenner Moyer



Wave 1 – Existing Whole School Practice

- **Catholic ethos**, mission statement, rights respecting work, behaviour policy, supportive staff and parents - to promote caring, nurturing and positive environment
- **Children's engagement and responsibility** – classroom jobs, buddying, green ambassadors, the gift team etc
- **Recognising achievement** – assembly's, awards, arts, music, PE, behaviour, house points, SR Anselm's Got Talent, concerts, plays, displays
- **Popular theme days/weeks** – international week, healthy living week, anti-bullying week, black history month
- **Healthy Schools** working towards the requirements of the Silver Award.



Wave 1 – Improved Whole School Practice

- Improved playtimes – better indoor play through donated games and more outdoor playground resources
 - More free school clubs/activities
 - More movement/physical activity in lessons
 - Staff sharing strategies to promote positive mental health
 - Staff /pupil training– resilience, mindfulness, self-regulation
 - Increased/ improved focus on PSHE lessons.
 - More dance, music and drama
- New playground markings



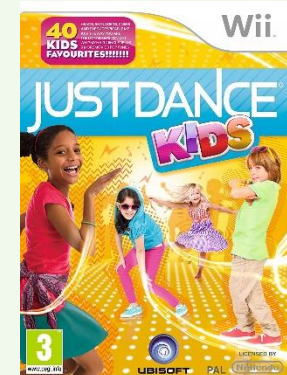
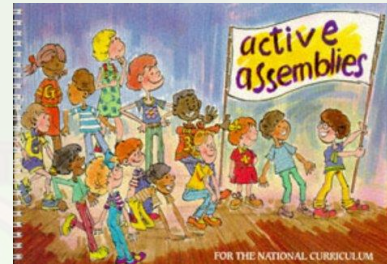
St Anselm's World Mental Health day

- Thank you for donations of wet play games, these have been sorted and new games have been ordered.
- Everybody wore yellow, it was so cheerful
- PSHE lessons Video and discussion [Talking Mental Health - YouTube](#)



Monday	Tuesday	Wednesday	Thursday	Friday
	Dance Club – KS2 Hall Yrs rotated		Parents Ukele Club - meeting room	
Lunch				
KS1 Story time -	KS1 Story time -	KS1 Story time -	KS1 Story time -	KS1 Story time -
Year 2 choir	Running Club – Yr5/6	Film Club -Yrs rotated	Knitting Club- KS2	Lego Club -Yrs rotated
Girls Football Yr 5/6	Meditation Club Yr 5/6	Walking Club – Yr 5/6	French Club – KS2	Boys Football Yr 6
	Recorder Club – Year 3 after Xmas		Ukulele Club – KS2	
Evening				
Gym club – Jun -after Xmas	Gym club - Adv after Xmas	IT club - Yrs rotated	Choir Yrs 4 and 5	
	Art Club Yrs rotated	Science Club	Badminton Years rotated	
After school band KS2	Netball -Yr 6	Ballet Club KS1 and KS2	A&J Football KS1/2	Irish Dancing KS1/2
	Drama Club Years rotated			

More movement in class



Upcoming Whole School Events

**CHANGE
STARTS
WITH**



#ANTIBULLYINGWEEK

**ANTI-BULLYING
WEEK 2019**

11th - 15th November

**ODD SOCKS
DAY 2019** 

12th November



We will be teaching children that ...**Small change. Big difference.**

Whether it is verbal, physical, online or in-person, bullying has a significant impact on a child's life well in to adulthood. By making small, simple changes, we can break this cycle and create a safe environment for everyone. Because together, we can challenge bullying. Change starts with a conversation. It starts with checking in. It starts with work together.

Change starts here.

Change starts now.

Change starts with us

**CHANGE
STARTS
WITH** 

#ANTIBULLYINGWEEK



Wave 2 – Additional Support in school

- Adult mentors.
- Additional support from class teacher, TA and SENCO.
- Support from SMSAs and Welfare
- Well-being and Learning Mentor – in class and in groups
- CCS Play and Drama Therapist
- Social interaction/Speaking and Listening groups
- Group friendship activities, 1:1 or small group emotional or social communication groups



Wave 3 – External Support

After consultation with parents and school based interventions, referral can be made to

- Speech and Language therapist for social and communication support
- Harrow Horizons
- Educational Psychologist
- Children's and Adolescent Mental Health Service (CAMHS)
- Harrow local offer/services e,g, family and early support [About Us | Harrow Local Offer](#)



- How to improve mental health and well-being
- Please can we have your ideas.
- Please take a few post-its and write down any ideas you have about improving the children's mental health and wellbeing
 - Activities,
 - How to overcome any existing barriers,

Please stick them onto the sheets in front of you
Thank you



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Promoting our children's well being and positive mental health together

