



Mental Health at St Anne's

St Anne's Catholic Primary School are making aspirational, innovative and substantial progress in the way we recognise and support the development of mental health throughout our entire school community.

The school has adopted a therapeutic thinking approach to behaviour that links to our mental health agenda. As it is important to understand a child's behaviour, is their way of communicating, how they are feeling. We have developed links with this approach to our PSHE curriculum.

At St Anne's, we are aware that a child needs to be able to self-regulate their emotions, in order for effective learning to take place. We use this therapeutic approach alongside the zones of regulation. Our pupils are encouraged to use a tool of their choosing to help them self-regulate when required; such as having a movement break or engaging in calming breathing techniques.

The school has appointed a Pastoral Lead to help engage parents, nurture pupils and to support them with their well-being, so that the children feel happy, safe and secure during the school day.

In addition to the Pastoral Lead, we also employ a trained Connect Ed. School counsellor and play therapist to work with those children who require professional support.

We also have a trained Emotional Literacy Support Assistant (ELSA), who works with those pupils who need extra support and guidance, to manage their emotions in an appropriate manner. The school ELSA receives regular supervision from the Lambeth educational psychologist service, so that they are equipped to support the children they work with effectively.

We have recently restarted our Rainbows programme, which supports children who are dealing with or facing loss. This programme helps the children to understand their feelings whilst they are going through these challenges, and it gives them a safe place to discuss their emotions.

All children and staff participate in Children's Mental Health Week, which is held in May, where a whole calendar of events supports the mental health of our entire school community.

Our school is also fortunate to have a sensory room, where children can self-regulate their emotions when they are feeling overwhelmed.

Connect-Ed

Mental Health at St Anne's

- Pastoral Lead
- ELSA
- Qualified Connect ED. Play therapist who runs individual sessions
- Rainbow's programme intervention
- Children's mental health week
- Therapeutic approach to behaviour
- Zones of regulation
- Sensory room
- Calming breathing techniques

