

At St John's, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

At our school we:

- help children to understand their emotions and feelings
- help children feel comfortable sharing any concerns or worries
- help children to form and maintain social relationships
- promote self-esteem and ensure children know that they count
- encourage children to be confident and 'dare to be different'
- help children to develop emotional resilience and to manage setbacks

Lead staff members:

Mrs Wasyliw: Safeguarding Lead and accredited Mental Health First Aider

Miss Bell: Deputy Safeguarding Lead

Mrs Fraser: accredited Mental Health First Aider

Mrs Verry: PSHE Coordinator and Health and Emotional Wellbeing Lead

Useful Links:

Openminds Calderdale provides advice, information, support and signposting on local and national emotional health and wellbeing services that help children, young people and families who are going through a difficult time. It also includes advice for test stress, dealing with the impact of Covid-19 and building resilience.

www.openmindsincalderdale.org.uk

Young Minds strives to see a world where no young person feels alone with their mental health, and gets the mental health support they need, when they need it, no matter what.

<https://youngminds.org.uk/>

Mental health services and information

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/children-and-young-peoples-mental-health-services-cypmhs/>

Active Calderdale has lots of tips, advice and ideas on how to keep fit mentally and physically.

<https://active.calderdale.gov.uk/>

Covid 19 information

<https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice>

