

Well-Being and Mental Health Programmes

Camestone uses The Mind Map program to support emotional well-being and mental health of all children.

The Mind Map tools are designed to:

- improve emotional well-being
- build communication skills
- increase children's resilience

The programme includes the following:

- The introduction of '**Feelings Flowers**' (up to Year 4) to help staff identify children's emotional state. This helps to promote a positive, nurturing relationship between staff and children.
 - **Casey's Caterpillar Club** (up to Year 4). Teachers read stories to children, using Casey Caterpillar to explore feelings. Through discussion, they learn to recognise their different feelings and use words rather than behaviours to show how they feel. They are also taught the value of being calm through a short mindfulness session.
 - A '**Shield of Resilience**' workshop (Years 3-6). In this workshop, children are encouraged to acknowledge their strengths and weaknesses and to recognise that it's okay to be an individual. The Mind Map then teaches them to practise the two arms of resilience
 - **1. Letting things that bother us "Bounce Off"**
2. Keeping going when we find things tricky.
- This fits well with Camestone's Values programme. We will continue to notice and reward resilient behaviour.

A mantra throughout the school is:

Feelings are just feelings.

They come and they go.

We don't have to be afraid of our feelings.

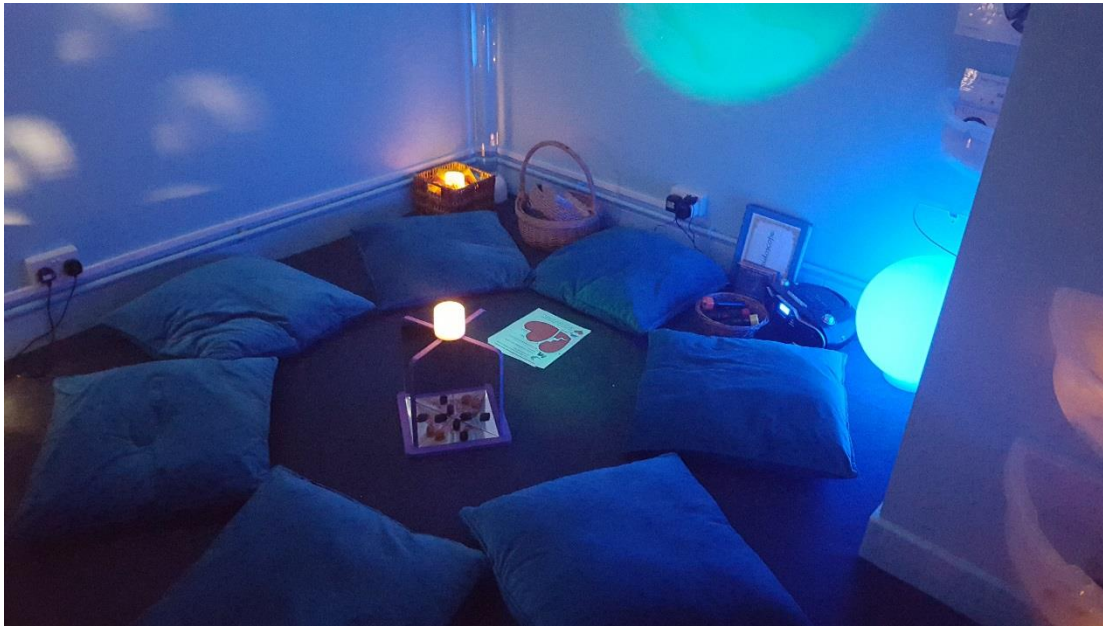
We just have to know what they are and use our words to talk about them.

Evidence suggests that this combination of interventions is highly effective in supporting children's well-being both now and in the future.

Camestone is a Kaleidoscope school and uses the programme to support small groups of pupils across the school.

Kaleidoscope is a structured and totally experiential project which utilises light, colour, sound, aroma and natural materials in order to build confidence and self-esteem in children and young people.

The holistic method of Kaleidoscope addresses the mental health of young people. By taking away the fear of failure for short periods of time it helps people to find their own inner strength and build resilience and resourcefulness both in their self-awareness, relationships with others and their self-belief to achieve through perseverance and the willingness to take a risk and have a go.



Kaleidoscope Room.

How well-being is supported at Camestone School

Rigorous policies and procedures in place to keep children safe

- Regular training for all staff
- Single Central Register maintained
- Multi-agency and LSCB partnership
- Local Forum participation
- Early Help Team partnership
- Identify children and families of concern
- E-safety events

- Behaviour Policy
- Reward systems
- Celebrate success e.g. assemblies
- Promote high expectations
- Anti-bullying policy
- Adult role models
- PSHCE and Citizenship Curriculum

Golden Rules

Safeguarding

- Open access
- Build positive, trusting relationships
- Triple P – Positive Parenting Programme
- Language translation service
- Work with, refer to and signpost other agencies
- Advice and support from relevant staff
- Homework support

Inclusion

- NASSEA Framework (EAL)
- Professional Study Groups
- Needs Analysis
- Interventions
- EAL Support Materials
- Equality and Diversity Policy
- Work with other agencies

Values Programme

Parent Support

- Screen all pupils for SEMH
- Mind Map Programme
- Kaleidoscope
- Pupil Voice surveys
- 1-1 and group interventions
- PSHE, Relationships and Sex Curriculum
- Wellbeing assemblies/events
- Bereavement support
- Young Carers

FSW SENCo

- Identify and assess vulnerable pupils
- Support individual pupils
- Train and support staff
- Work with, refer to and signpost other agencies
- Communicate with and support parents
- Keep up to date

Social Emotional and Mental Health