

# Well-Being and Mental Health Programmes

**Camestone uses The Making Me program to support emotional well-being and mental health of all children.**

The Making Me 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**' to help staff identify children's emotional state. This helps to promote a positive, nurturing relationship between staff and children.
  - **Kipsy Caterpillar Club** (up to Year 4). Teachers read stories to children, using Kipsy 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. Making Me 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.

# 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
- PSHE 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**

**FSW  
SENCo**

**Social Emotional and Mental Health**

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

- 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