

## Emotional Health and Wellbeing



At Clive School, we believe that positive emotional health and well-being are key to successful learning. During our PSHE lessons we work on developing the children's awareness of key emotions and how to cope in difficult or stressful conditions. Lessons are taken from the *SEAL* (DfES, 2005) pack as well as other resources for specific areas of learning (eg anger management).

We are acutely aware that early emotional development is crucial to overall development of the child. The role that parents play in this process is key. As a school, we believe in the partnership between parents and school to develop positive emotional health and well-being. Extending an understanding of how children learn and develop emotionally is key to developing positive well-being. To that end we offer parents the opportunity to undertake the "Understanding Your Child" course. This is a ten week course where parents can meet together, learn a little about how children develop emotionally and share experiences and solutions to problems that may be encountered by parents as their children grow. We also offer two hour workshops on the same theme. We are lucky at Clive School in that three members of staff - Angela Ralphs, Caroline Rigby and Dave Watts - are trained as facilitators for this course.



We are also aware that emotional development is not an easy process and therefore some children struggle with handling their, sometimes strong, emotions. Often, these children require additional support in this area of their school life. At Clive School, we have two staff - Angela Ralphs and Caroline Rigby - who are trained as Learning Mentors. Their role is to work, as required or on a longer term programme, with children who are experiencing difficulties with managing their emotions successfully. These difficulties may be due to a multitude of different reasons (bullying, insecure home background and SEND, to name but a few).



Where children require detailed and intensive support for severe emotional or mental health concerns, the school makes use of Shropshire Council's *Strengthening Families* service. This is accessed via the electronic ECINS website.



The emotional health and well-being of staff is also of concern to us at Clive School. Staff who are stressed or emotionally challenged are less likely to deal successfully with the pressures that the classroom can bring. All staff are encouraged to be open and honest about how they are feeling emotionally and to 'share the load' when times are particularly stressful. We have a named member of staff, Sallie Watts, who can be approached for support and advice as well as two governors, Mark Haines-Eynon and Hannah Alexander. In extreme cases we may advise referral to the county's Occupational Health department for further advice and support.



In extreme cases of emotional difficulty (eg crisis management), we are able to access, for all staff and pupils, the Educational Psychology Service for support.