



## Kingskerswell Church of England Primary School

Address: Coffinswell Lane, Kingskerswell, TQ12 5HN

Email: [admin@kingskerswell.devon.sch.uk](mailto:admin@kingskerswell.devon.sch.uk)

Website: [www.kingskerswellprimaryschool.co.uk](http://www.kingskerswellprimaryschool.co.uk)

Facebook: @KingskerswellPrimarySchool

Telephone: 01803 873398

Dear Parents/Carers

Please find attached our Emotional Wellbeing Overview.

Today's world can be a challenging place for children and young people to grow up in and here at Kingskerswell we teach our children that everybody experiences different emotions at different times and that all emotions are normal. We teach them to understand that, sometimes, we all need some help or support and that it is both okay and important to ask for this. We do this using a range of approaches, some of which are whole school and every day and others which are more focussed and tailored to meet the specific needs of children and their families. This is a 3-Tiered approach which is detailed below.

### Tier One

Tier One includes universal ways in which we teach and support all children with their mental health and wellbeing, while they are part of our school community, from Reception to Year 6. This includes:

- Our PSHE curriculum teaches children about healthy and happy relationships, looking after their physical and emotional health and learning about emotions, including the Brain Science – of our 'Lizard' brain and 'flipping your lid'
- Remembering and referring to our 10 a day for good mental health
- We use a relational and trauma-based approach to support all children's emotional development and wellbeing
- Every class uses 'Zones of Regulation' to support pupils to recognise what they are feeling and to ensure a shared common language around emotions; this includes teaching Self-Regulation strategies such as ways to breathe that can help us get back to the Green when we are in the Red, Yellow or Blue
- In Reception, teaching the 'Think Equal' programme all about emotions
- Providing links to trusted sources of support in our newsletters and on our website
- We encourage Resilience and Mindfulness in a range of ways including: Forest School, Growth Mindset and our school values
- We offer lunch time break activities including 'Read and Relax' and 'Chill and Chat'

### Tier Two

Some children may need some extra support along the way and we can provide this by:

- Offering 1-1 or group support, the small groups we offer focus on Nurture, Anxieties and Worries and Positive Relationships
- Sourcing and signposting trusted therapeutic guided self-help resources for early intervention, working alongside families and children

Jeremiah 29:11

For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you **HOPE** and a **FUTURE**.

If you feel that you or your child would benefit from accessing Tier Two support, please speak to your child's class teacher, in the first instance.

### Tier Three

- If required, we can make a referral to CAMHS (Child Adolescent Mental Health Services), or if more appropriate we can organise Early Help, through Children and Family Health Devon, who provide targeted support for specific needs, which can include mental health difficulties.

I hope this information is helpful in understanding how we can help support you and your children's wellbeing. If you have any questions or would like more information, please feel free to contact me. You can do this by phone, email or in person, using the contact details at the top of this letter.

Kindest Regards

Lyndsey Cahill

PSHE, Thrive and Mental Health Lead

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