



Promoting wellbeing
& mental health

Here at Glenmere, we strongly believe in supporting all of our children's needs, including their mental health and their wellbeing. In school we offer a range of ways to support them in and outside of school:

- **Each class has a worry monster, if any child has a problem then they can be seen by their teacher or one of our staff that have been mental health first trained**
- **We have 2 members of staff trained in bereavement**
- **2 members of staff are trained in art therapy**
- **Once a week, for 2 hours, we have Mr Harvey within school. He supports different children for different reasons, including working with children on emotional, social and behavioural needs.**
- **Each class has a 10-week health and well-being source from an external provider**
- **Our new life skills curriculum is also working on resilience, healthy lifestyles and many more important life skills**
- **We provide first aid training for our youngest and eldest children**
- **This year we are also offering well-being workshops for parents too.**

Please feel free to talk to your class teacher if you would like your child to access any of the above support their mental health and well-being. As part of the Health and Well Being Award in Schools we also have a nominated 'Change Team' that consists of Mrs Carton, Mr Upfield and Mrs Hartley so feel free to speak with any of us also

In addition to this, we would also like to branch out to you as families. We are always looking at ways to improve the provision we have in school so suggestions are welcome, or alternatively, if you know of any good services externally which could be used within school please feel free to contact Mrs Conlon or a member of the 'Change Team'.