



- Mental Health Lead: Mrs W Clark
- Deputy Mental Health Lead: Miss E Barley
- School Counsellor: Mrs L Coles
- Designated Governor for Mental Health: Mrs M Lennon

At St Thomas', we take the mental health, wellbeing and happiness of our school community very seriously. In a world that places increasing pressure and demands on children, particularly via social media, we all have a responsibility to ensure that our children are nurtured and helped through stressful and anxious times.



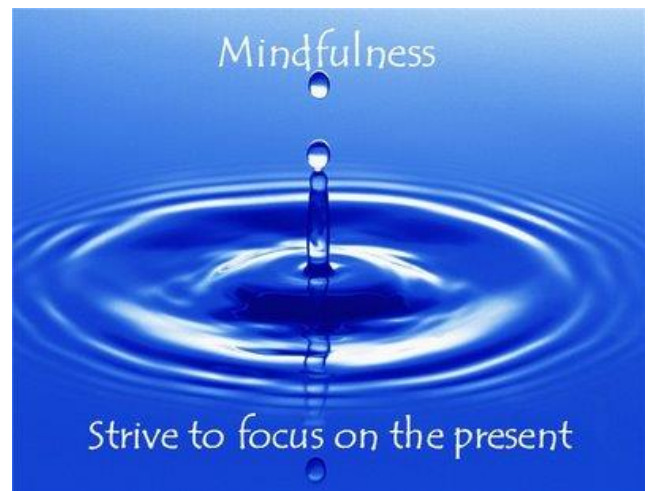
Mrs Wendy Clark has recently successfully completed Level 2 Mental Health Lead training. She has already delivered a day's training on Mental Health to all staff to highlight the problems and stresses that children (and adults) are under and how best to detect and deal with concerns. All staff are encouraged to complete online learning from the website "Minded.org" to enhance their understanding.

Mrs Wendy Clark and Mrs Crowley are trained Sunbeams (aged 3-5) and Rainbows (aged 5-11) Facilitators. Rainbows is a respected national charity having a proven, positive impact on the lives of children who are grieving a significant and often devastating loss in their lives. Age appropriate sessions are delivered to vulnerable children to listen and provide them with support and understanding. As a result, children benefit from emotional healing and often achieve higher levels of self esteem.

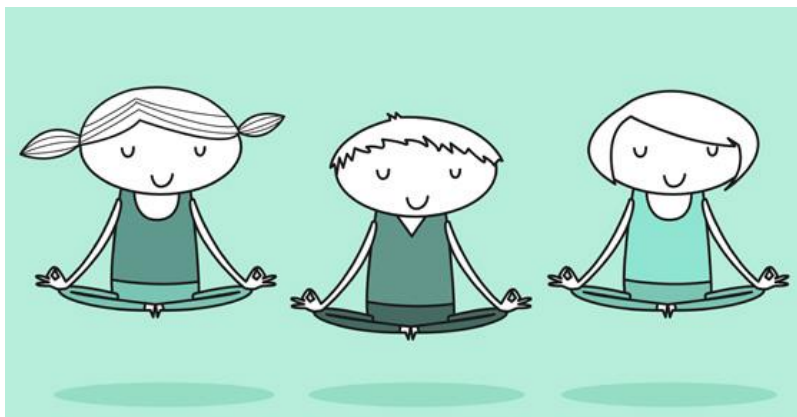
As Deputy Mental Health Lead, Miss Barley will also shortly be completing Level 2 Mental Health Lead training, which will entitle her to deliver Mental Health training to all staff.

Mrs Coles (Higher Level Teaching Assistant), has recently gained a distinction in her **Counselling Children and Adolescents Level 4 Diploma**, which qualifies her to provide counselling sessions to children and teenagers professionally.

In addition, St Thomas' fully supports Anti-Bullying and E-Safety initiatives. Surveys of both children and parents show that children feel happy and safe at our school.



### **Feeling Good, Feeling Safe Week: Spring Term 2019**



During February/March, the whole school benefitted from a week of "Feeling good, Feeling Safe". The week involved many different activities including:

- Yoga;
- Emotional Wellbeing Drop in Session for Parents;
- Staff Wellbeing Lunch and Stress Management Activity;
- Whole School Forest School Day
- Mindfulness sessions
- Protective Behaviour sessions (the new PSHE focus which involves educating children on how to stay safe)
- Emotional Wellbeing Assembly for Key Stages 1 and 2