

# Social, Emotional, Mental health and wellbeing (SEMH)

The Department of education states that *“Your mental health is how you think and feel about things in your mind. If your mental health is good you feel well and happy. If you have mental health problems you might feel sad, angry or worried. Emotional Health and Wellbeing describes when we feel healthy, happy and when we are coping well with life.”*

At Camblesforth Primary Academy, we aim to ensure that each and every child and member of staff feels happy, healthy and safe. We want to promote a love of learning to ensure that children are happy and want to come to school. We ensure that every child has the opportunities to strengthen their learning to their maximum potential. We promote a whole range of activities to aid the children’s learning and development, keeping them engaged and loving their learning.

In our school, our values are Excellence, Belonging, Opportunity and Respect. Along with our creative and innovative curriculum, we encourage our children to become caring, compassionate and considerate. These help our children to become innovative, creative and excellent young members of the community which will aid their personal development and allow them to succeed in an ever changing world. They will become fantastic role models and thrive throughout their lives.

Each and every member of staff has the responsibility to promote emotional health and wellbeing throughout our school. We do however have a PSHE lead (Mrs Ruddle) who overlooks the work in each class. Children who have challenges with their SEMH are invited to (along with other children) attend Hub Club with Mrs Taylor. In these club sessions, children play games, build lego and have a free space to discuss their emotions or anything that is playing on their mind. It helps children to :

- Manage friendship issues
- Build on their self esteem
- Gain resilience
- Express any anxieties and worries they may have
- Help with teamwork
- Manage their behaviour

Throughout the school, interventions take place to additionally support our children. These include Speech and Language Therapy, lego therapy and social situation support. Along with this, we have support from our local PCSO who comes into school to engage with the children and help them to develop responsible and respectful behaviour in their community, both inside and outside of school.



Our school takes a restorative approach and this includes our behaviour expectations. Children are taught to discuss their thoughts and feelings, to consider and take responsibility for their choices, as well as understanding that actions have consequences and how they can put things right and learn from their mistakes.

### **Healthy Eating**

This year we are aiming to complete the awards to become a healthy school. We thought it would be a good time to share the expectations we have for packed lunches and snacks that children are bringing into school. We do not allow biscuits or crisps at breaktime, however cereal bars, fruit or Vegetables are encouraged.

### **Exercise:**

Not only is exercise essential for keeping your heart fit and healthy but it keeps your body and mind healthy too. Regular exercise can help with:

- Better sleep
- Feeling happier
- Helping to manage anxiety
- Helping to manage stress

At school, the children have two 60 minute PE sessions a week along with their daily 15 minute active break time. The children have an hour at lunchtime, which is split between time to eat and time to be active outside. An addition to this is a active skip in the afternoon to break up these sessions.

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