



WELLBEING & MENTAL HEALTH

Happy minds. Stronger together. Thriving at Harlands.



WHAT IS WELLBEING & MENTAL HEALTH?

Wellbeing is how we feel and how well we are able to cope with everyday life.

Mental health is about our thoughts, feelings and emotions, and how we manage them. It affects how we think, feel, act and behave.

Good mental health helps children to build resilience, form positive relationships, make decisions, learn and reach their potential.

At Harlands, we promote positive wellbeing and provide support for children who may be experiencing difficulties.



POSSIBLE CHARACTERISTICS

- ★ Worries or feeling anxious
- ★ Low mood or sadness
- ★ Difficulty managing emotions
- ★ Withdrawal from others
- ★ Changes in behaviour or mood
- ★ Difficulty concentrating
- ★ Low self-esteem or confidence
- ★ Changes in sleep or appetite
- ★ Physical symptoms (e.g. tummy aches, headaches)
- ★ Finding it hard to cope with change
- ★ Perfectionism or being self-critical
- ★ Difficulty with friendships or relationships
- ★ Feeling overwhelmed or needing reassurance



STRENGTHS ASSOCIATED WITH GOOD MENTAL HEALTH

- ★ Resilience and perseverance
- ★ Positive self-esteem and confidence
- ★ Ability to form and maintain relationships
- ★ Empathy and kindness
- ★ Good communication skills
- ★ Curiosity and love of learning
- ★ Sense of humour
- ★ Creativity and imagination
- ★ Ability to solve problems
- ★ Hopefulness and optimism
- ★ Strong sense of identity and values



HOW WE SUPPORT WELLBEING & MENTAL HEALTH AT HARLANDS

1 IDENTIFICATION AND ASSESSMENT



- Early identification of emotional and mental health needs.
- Observations by teachers and support staff.
- Use of wellbeing check-ins and assessment tools.
- Discussions with parents/carers.
- Referrals to specialist services when needed.

2 UNIVERSAL SUPPORT (FOR ALL PUPILS)



- Safe, nurturing and inclusive environments.
- Positive relationships and trusted adults.
- Promoting kindness, respect and inclusion.
- Social and emotional learning (SEL) opportunities.
- Daily routines and predictable expectations.
- Worry boxes and class wellbeing activities.

3 TARGETED SUPPORT



- Small group interventions (e.g. anxiety management, friendship skills, self-esteem).
- Emotional literacy and regulation support.
- Individual wellbeing plans.
- Regular check-ins with a trusted adult.
- Access to school-based nurture provision if needed.

4 SPECIALIST SUPPORT



- Individual support plans and strategies.
- Access to external mental health services when appropriate.
- Support from school's Wellbeing Lead.
- Multi-agency working with families and professionals.

5 STAFF TRAINING



- Ongoing training for staff on mental health and wellbeing.
- Understanding emotional needs and trauma-informed practice.
- Strategies to support regulation, resilience and positive wellbeing.

6 PARTNERSHIP WITH FAMILIES



- Open and regular communication with parents/carers.
- Sharing strategies and resources to support wellbeing at home.
- Working together to support children's mental health.
- Access to workshops and information for families.

7 MONITORING AND REVIEW



- Regular review of wellbeing and mental health.
- Adapting support based on individual needs.
- Celebrating successes and progress.
- Collaboration between school, families and professionals.



Our goal is to support every child to feel safe, valued, understood and able to thrive. Mental health is just as important as physical health, and we are all part of creating a positive, supportive school community.



HOW YOU CAN HELP AT HOME



- ✔ Talk, listen and show you care.
- ✔ Encourage your child to share their feelings.
- ✔ Spend quality time together.
- ✔ Establish routines for sleep, meals and homework.
- ✔ Encourage healthy eating, exercise and outdoor time.
- ✔ Praise effort, strengths and achievements.

- ✔ Teach calming strategies (e.g. breathing, mindfulness).
- ✔ Limit screen time and promote balance.
- ✔ Encourage friendships and social activities.
- ✔ Seek support if you are concerned.
- ✔ Look after your own wellbeing too.



USEFUL NATIONAL LINKS

- NHS – Mental Health and Wellbeing
www.nhs.uk/mental-health
- YoungMinds – Supporting Young People's Mental Health
www.youngminds.org.uk
- Mind – Mental Health Support
www.mind.org.uk
- Kooth – Free Online Mental Wellbeing Support
www.kooth.com
- Anna Freud – Wellbeing Resources
www.annafreud.org



USEFUL WEST SUSSEX LINKS

- West Sussex Local Offer (SEND Information)
www.westsussex.gov.uk/local-offer
- West Sussex Mental Health Support Team (MHST)
www.westsussex.gov.uk/education-children-and-families/health-and-wellbeing/mental-health-support-teams-mhst
- West Sussex School Nursing Service
www.westsussex.gov.uk/education-children-and-families/health-and-wellbeing/school-nursing
- West Sussex SENDIAS
www.westsussexsendias.org.uk



At Harlands, we care for minds as well as we do for learning. Together, we build confidence, resilience and a brighter future.

