



Wellbeing Award for Schools

At Eastfield primary, we have a core value of *care* because we consider the wellbeing of our school community a priority. There has been a growing recognition of the impact of the coronavirus related restrictions and national lockdown on the emotional wellbeing and mental health of children, their families and school staff. To address this, Mrs Warlow (Deputy Head Teacher & SENCo) and Miss Griffiths (Behaviour and Welfare officer), are currently working with the Wolverhampton Educational Psychology Service and the University of Wolverhampton to achieve the Leading Mental Health in Schools Award, and both are trained Mental Health First Aiders.

Eastfield primary are now working in partnership with the National Children's Bureau (NCB), to achieve the Wellbeing Award for Schools. This will help us to further promote emotional wellbeing and positive mental health across the whole-school community.

The vision is to put good emotional wellbeing and mental health at the heart of the culture and ethos of school, so that pupils, with the support of their teachers and family, can build confidence and flourish. Evidence shows us that wellbeing is of central importance to learning and attainment, with high levels of wellbeing associated with improved academic outcomes. Conversely, pupils who have mental health problems are more likely to have academic difficulties at school and experience social disadvantage later in adult life.

To achieve this vision, we will embed a 'whole-school approach' where all aspects of the school experience are harnessed to promote the emotional wellbeing and mental health of pupils and staff. Mrs Warlow and Miss Griffiths will lead this initiative, and yet, everyone will be involved, with a 'Change Team' to support and develop awareness of this project.

Everyone can play their part in supporting and looking out for each other – mental health is everyone's responsibility. As a school, we already have a very nurturing approach with our positive behaviour for learning policy, the use of emotion coaching to encourage the children to talk about their feelings and a restorative approach to heal relationships.

We want to seek out and listen to your views on mental wellbeing so we will be sending out a questionnaire asking for your thoughts on the subject. Many thanks.

