



A snapshot of how our BRICKS principles drive our whole school approach to mental health and wellbeing:

Instil our **B**ritish Values including diversity:

- To promote, support and embed a sense of belonging within our whole school community working with each other and for each other.
- To develop, embed and maintain a positive ethos and culture from a comprehensive whole school approach inclusive of our community of parents, carers, children and staff.
- Gaining recognition from Stonewall as supporters and welcoming of the equal rights in our diverse community.
- Impacting the whole school community and developing a sense of belonging by encouraging relationships using our Wellbeing Warriors as pastoral support to their peers, as well as increasing their own sense of wellbeing throughout the process.
- Embed our school values and ethics within school and the wider community.

Develop **R**esilience & Resourcefulness:

- Desty
 - Worth It
 - Emotional Coaching
 - Insync
 - Wellbeing Warriors
 - Pastoral Support
- Developing and supporting emotional literacy and intelligence = greater emotional awareness, resilience, confidence, self-esteem. Impacting on the whole school community - developing communication skills, feeling safe, feeling supported, increase in positive peer to peer relationships, a shared sense of belonging and improved behaviour and attendance

Inspire critical thinking and independence:

- SDQ pre and post intervention
 - Peer support groups
 - Wellbeing Warriors
 - Desty
 - Worth It
 - Emotional coaching
 - Strategies to self-support and self-regulate
- Supporting positive mental health by using a tool kit of support to build on tenacity and self-awareness, to be able to self-reflect, develop problem solving skills, social skills, ability to seek assistance from others, taking action by setting and achieving goals considering the school values of respect, honesty, co-operation, inclusion, determination and kindness.

Create articulate learners:

- Support to develop and increase emotional literacy and intelligence skills to promote good mental health and wellbeing amongst the whole school community challenging children to explore issues that are affecting them personally as well as those around them.



Building upon **K**nowledge & skills:

- A variety of learning styles embedded in the curriculum via the essence PSHE curriculum supported by BRICKS to develop an understanding of our emotions and develop strategies to self-support, self-regulate and build resilience, confidence, self-esteem and independence, understand risk and make informed choices.

Supporting well-being & health:

- Whole school approach to mental health and wellbeing.
- To provide a nurturing environment where our children feel they belong, are welcome, feel safe, will be listened to and in which they can thrive to reach their potential socially and emotionally as well as academically and develop positive relationships within their wider community.
- Evidence based approach to intervention - providing support to ensure children and their family can reach their full potential
- Access to outside agency support to provide specialist intervention to meet the needs of a child and/or their family
- Encouraging and supporting children and their families to reach their full potential, flourish and thrive.