



School vision

All pupils at South Hill flourish through a nurturing environment, which builds confidence and resilience and a lifelong love of learning

Wellbeing vision

Children leave us with an understanding of how to support and promote positive mental health and emotional wellbeing for themselves and others. Children are emotionally resilient, manage times of stress and can cope with change. They can build and maintain relationships with others and feel comfortable to know where to access help when needed.

Intent	Implementation	Impact
<p>At South Hill, we take a whole school approach to promoting positive mental health and wellbeing, aiming to help the whole school community become more confident in who they are, resilient, able to build and maintain relationships and to work in a pro-active way by implementing strategies to help their mental health and wellbeing to be strong.</p> <p>We want our children to develop a mastery of the following skills:</p> <ul style="list-style-type: none"> • Recognise when they feel safe and what to do if they don't • Have high self-esteem and feel confident in themselves • Are able to express a range of emotions and feelings • Are able to make and maintain positive relationships with others • Are emotionally resilient, manage times of stress and are able to cope with change • Feel comfortable to share concerns and worries and access help when needed <p>These skills will be evident through their attitude to learning, their behaviour and their relationships with staff and peers.</p> <p>We want our children to develop knowledge and understanding of;</p> <ul style="list-style-type: none"> • What positive mental health is and the different ways they can promote it • What emotional wellbeing is and the strategies they can use to support their thoughts, feeling and behaviour, including self-regulation • What resilience is and how they cope with change and adversity • What it means to feel safe and where to access help if they need it • What is self-worth and their ability to recognise their value and worth and strive towards goals • What they can do to take care of their physical and mental health through self-care • What is hope and optimism and their ability to have a positive outlook on life in order to thrive now and in the future • The ability to form, develop and sustain relationships with a range of people <p>Our curriculum is based on a knowledge and understanding of the following documents:</p> <ul style="list-style-type: none"> • Promoting and Supporting Mental Health and Wellbeing Government Guidelines • Keeping Children Safe in Education • Hertfordshire Steps Therapeutic Approach to Behaviour Support • Zones of Regulation • PSHE curriculum • Guidance offered by Herts Virtual School 	<p>How to we promote positive mental health and wellbeing? Throughout their time with us, the children will develop their skills, knowledge and understanding of how to promote positive mental health and wellbeing.</p> <p>Overall School Culture</p> <ul style="list-style-type: none"> • Engaging in mentally healthy movement everyday through running the Daily Mile or dancing to Go Noodle • Engaging in mindfulness breaks such as "Stop and Sit" • Helping children to develop safety through our Road Safety workshops and E-Safety learning • Using the Hertfordshire Steps therapeutic approach to behaviour to underpin our behaviour policy • Using the Zones of Regulation for the children to recognise, name and manage a range of emotions • Creating a class and for some an individual, toolkit for them to get "back into the green zone" ready to learn <p>Pastoral Support</p> <ul style="list-style-type: none"> • Identifying children who have mental health challenges and tailoring individual support to meet their needs. South Hill school has access to a multifaceted support network which includes; a school counsellor, play therapist, learning mentor, support worker, drawing and talking therapy, school nurse, protective behaviour support, dog therapy and SENCO • For children whom require some extra social and emotional support at lunch time the Nurture Club provides additional pastoral support • Every class has a worry box or monster <p>WOW Days/Activities/Experiences</p> <ul style="list-style-type: none"> • Annual activities – International Day, Feeling Good and Anti-bullying week. • Weekly activities – children will experience sessions spent with our Forest School Leader and Music Specialist. These encourage the children to be inquisitive about the topic, to pose questions, seek answers, find out more and develop strategies to promote and improve their mental health and wellbeing • Exposure to extra curricula activities such as; Rock Steady, music and dance specialist, sports club and Nurture Club during school holidays these opportunities encourage children to develop confidence <p>Social Relationships</p> <ul style="list-style-type: none"> • Helping children to develop social relationships through our Reception/Year 6 buddies and our bespoke weekly PSHE Lessons. 	<p>Children will have the skills to promote positive mental health and emotional wellbeing for themselves and others.</p> <p>Children will be able to identify their own emotions and know what skills and strategies help them to self-regulate.</p> <p>They will be able to manage times of stress, sadness and change and know where to access support if it is needed. Children will be able to build and maintain positive relationships with those around them.</p> <p>Children's knowledge and skills will develop as they move through the school to prepare them to become happy, resilient individuals who strive to reach their full potential and can build and maintain positive relationships with those around them.</p> <p>This will be evidenced through continuous monitoring carried out by the Subject Leader through:</p> <ul style="list-style-type: none"> • Learning Walks • Pupil / Staff /Parent voice • Behaviour Logs • CPOM Incident Logs • Attendance/Exclusion Data • Training logs