

Here at Hunsley Primary the wellbeing of our pupils and families is of the utmost importance to us and we offer our support in the following ways:

Working with families

- **Wellbeing drop-ins** - an informal time to pop into school each half term to chat and have a cup of tea—you also have a chance to meet visiting professionals and services, such as the Children's Centre, to see how they can support
- **Time to talk** - we welcome our families getting in touch if they need us and we can arrange a meeting to see where we can help.—our support team has ELSA and Family Links training, for example

Working with groups

- **Wellbeing lessons** for all within the PSHE and RSE curriculum, including focused House Team Development Days—through these days, our children get to give their feedback and share their suggestions
- Weekly **reflection sessions** at the end of the school day for everyone.
- **Lego Therapy** groups
- The Key Stage 2 **Power Programme**—a chance to develop resilience and self-awareness
- **Be Well** programme in association with MIND
- **Friendship Formula** sessions
- **Mini-Police, Mini-Medics**, and active lifestyle lessons through PE and the Sports Premium initiative

Working with individuals

- **ELSA** support—our Emotional Literacy Support Assistant
- **Social Skills** sessions—our trained speech and language TAs support the development of social talk

To support all the above we have trained staff, including a Senior Mental Health Lead and Mental Health First Aiders; posters, leaflets and displays, and we have calm and relaxing spaces around school for pupils to use when they need them.