



Burnt Tree Primary

Children's Mental Health Offer

How do we support our
children's mental health at
Burnt Tree?

At Burnt Tree Primary School we recognise that all our pupils have mental health needs. We believe that it is paramount to promote a sense of belonging in a supportive environment.

As part of our commitment to ensuring we take mental health and wellbeing into consideration in all aspects of school life, we work towards ensuring that:

- Pupils acknowledge that mental health is as important as physical health.
- Having a healthy body through a nutritious diet and regular exercise can improve mental health and wellbeing.
- Everyone feels able to seek help and advice.
- We all work together to support others.

At Burnt Tree Primary, staff have appropriate training in order to identify if any of our pupils require additional support for their mental health and wellbeing. The school employs a number of whole school strategies in order to support our pupils to be mentally healthy and aware of their own wellbeing through:

- Jigsaw PSHE programme – this embeds a mindfulness approach to teaching mental health and wellbeing from Early Years to Year 6.
- Going for Gold behavior system – this encourages children to strive to be the best they can be throughout the day.
- Daily check ins with all pupils within their classrooms
- Exciting, structured sports activities, games and crafts at lunch times.
- Emotion coaching
- Relaxing garden area

To support identified pupils who require additional mental health and wellbeing intervention, school offers the following:

- Huggle Pets – pet therapy for pupils with identified needs.
- 4 Community Trust – small group counselling work.
- Direct work with the Family Support Worker, Mrs Gamwell.
- Sandwell Beam sessions.
- Referrals to CAMHS.
- Referrals to Inclusion Support via the Specialist Advisory Teacher for Social, Emotional and Mental Health.