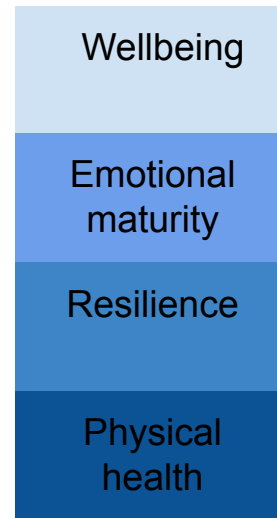


Wellbeing at Biggin Hill Primary School



March 2022

Statement of Intent

At Biggin Hill Primary School we want all members of our community to...

- Believe in themselves
- Be resilient to the challenges of education
- Have compassion for themselves and others
- Feel comfortable in their learning environment
 - Feel supported when vulnerable

To ensure all members of our community have positive wellbeing
we will work to...

- Develop emotional maturity
 - Develop resilience
 - Develop physical health

BHPS SCALE OF NEED

Referrals to SPA Bromley Y/CAMHS

3

External early help for low level concerns

2

School support for low level concerns

1

No concern

UNIVERSAL

Risk support

Documentation of support offered and referrals completed

Risks to consider - self harm, eating disorders, personality disorders - Mental Health Crisis support services

Getting specialist support

Referrals to SPA Bromley Y to access wellbeing services and if required CAMHS.

GP involvement/referrals/medication

Private counselling

Getting Early Help - internally and externally

Staff - Staff Wellbeing Charter DfE, Champion Health, Education Support, private counselling, supervision, DSL team

Pupils - Learning mentor, Hangar, Sensory room, Nurture group, Gardening club, Emotional Regulation

intervention, Lego builder, Young carers group

Kooth, Young Minds, Bereavement support, Online resources and advice, Lumi Nova

Parents - Family liaison support, CAF, BCP practitioner support, Parenting programmes, Mencap, BDAS, Bromley

Women's Aid, Family Centre, Samaritans, Shout, Winston's Wish, Podcasts

Getting advice for low level concerns

Staff - Training session, open door policy, Wellbeing week, Self-care board., Champion Health, supervision, DSL team

Pupils - School values, worry box, check in board, circle time

Families - Outreach advisory sessions, Website, Padlet, Same but different, Signposting

BHPS Wellbeing Provision

Individual

School values
Learning mentor
support
Emotional Regulation
Sensory Room
Sensory Garden
The Hangar
Lunch club
Nurture Club
Gardening club
Young carers group
Wellbeing questionnaire
Displays
Buy in services
Referrals to external
services

Class

Check in board
Worry monster
Music morning
Circle time
5 a day
PHSE through SCARF
Pupil progress review

School environment

Celebration assembly
Two hours of PE a week
Forest school
Biggin Hill Way
Ambassadors
Displays
CPD for staff
Mid-term admissions
procedure
Safeguarding
Procedures
After school clubs
Information sharing
Staff wellbeing week
Self care boards
Champion Health

Community

Family Liaison
Inclusion team
Outreach
Parents days
School website
Information padlet
Parent workshops
Signposting to local
services
Joint work with
external services

Risk and protective factors for CYP's mental health

Risk Factors

Genetic influences
Specific learning difficulties
Special Educational Needs
Poor emotional regulation
Physical illness
A sense of academic failure
Low self esteem
Young carer

Family conflict or break up
Inconsistent parenting
Parents with mental illness
Parental substance or alcohol abuse
Physical,sexual, neglect or emotional abuse
Parent criminality
Death and loss

Bullying
Discrimination
Breakdown in or lack of positive friendships
Poor peer influences
Peer pressure
Poor pupil teacher relationships

Socio-economic disadvantage
Homelessness
Trauma
Discrimination
Other significant life events
Lack of access to support

Child

Secure attachment
Good communication skills
Ability to emotionally regulate
A positive attitude
Experiences of success
Capacity to reflect

Family

Family stability
Supportive parenting
Strong family values
Shared affection
Clear consistent behaviour management
Support for education

School

Positive school ethos and values
Safe environment
Clear behaviour and bullying policies
Open door policy for children
A whole school approach promoting mental health

Community

Wide supportive network
Good housing
High standard of living
Opportunities for valued social roles
Range of sport and leisure activities

Protective Factors