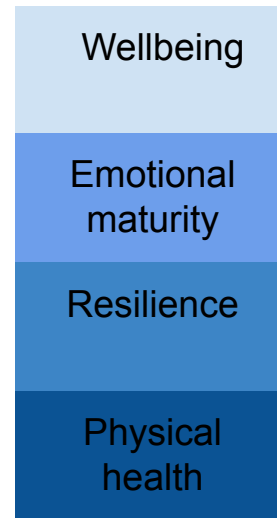


# Wellbeing at Biggin Hill Primary School



September 2024

## **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, Private Counselling, supervision, DSL team

Pupils - Learning mentor, Wellbeing Warriors, Hangar, Sensory room, Aspire class, The Launchpad,m

Emotional Regulation intervention, Lego builder, Drawing and Talking, Young carers group, Kooth, Young Minds, Bereavement support,-Online resources and advice.

Parents - Family liaison support, TAC, 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 cays, Self-care board., supervision, DSL team

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

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

# BHPS Wellbeing Provision

## Individual

School values  
Learning mentor support  
Wellbeing Warriors  
Emotional Regulation  
Sensory Room  
Sensory Garden  
The Hangar  
The Launch Pad  
Young Carers group  
Wellbeing questionnaire  
Displays  
Buy in services  
Referrals to external services  
Bromley Mentoring service in school

## Class

Check in board  
Worry monster  
Circle time  
5 a day  
PHSE through SCARF  
Pupil progress review  
Postcards of success

## 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  
Health Assured  
Specific safe spaces

## Community

Family Liaison  
Inclusion team  
Outreach  
Parents days  
Tea and Tots  
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