

## **Wellbeing and Mental Health**

We offer a number of ways to support the mental health and wellbeing of our pupils :

### **ELSA – Emotional Literacy Support Assistant**

ELSA is an initiative developed and supported by Educational Psychologists. It recognises that children learn better and are happier in school if their emotional needs are also addressed.

Mrs Wilmot has been trained by Educational Psychologists to plan and deliver programmes of support to pupils who are experiencing temporary or longer term additional emotional needs around issues such as friendships, social skills, anger management and loss.

Every half term, class teachers make referrals to identify and prioritise which children will attend weekly sessions for the next six weeks.

### **Draw and Talk**

Children meet with Mrs Smith once a week for 12 weeks. This is a special 1:1 time just for them, allowing them to chat whilst drawing, sketching and doing art.

Sessions support issues such as self-esteem, confidence, emotional literacy and motivation, and they are thought to lead to improved focus and concentration in the classroom too.

### **Brighter Futures**

This is a football mentoring programme for girls and boys from ages 6-16 with the aim of improving school work, behaviour and raising self-esteem. The mentorship programme is delivered by ex-professional footballers; at LWJ we have Lawrence as our mentor and sessions usually last for 6 weeks.

The aim is to provide support and activities that develop the skills, confidence and capabilities of each child. These sessions are not just for the children who enjoy sport, they are for anyone who might benefit from some mentoring and encouragement. Each session involves looking at a goal the child wants to achieve, thinking about how they might achieve that goal and through the mentoring relationship supporting the child along the way - perhaps by sharing some school work with their mentor, talking, playing games and just building a relationship that helps the child to grow in confidence and motivation.