Well-being at Bridekirk Dovenby Primary School

Mental health and well-being is high on our agenda, so we wanted to keep you up to date with everything that we have going on in school, and signpost you to some fantastic services that are out there in the community..

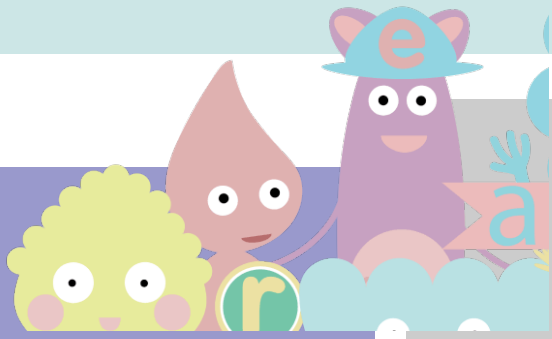
To support our teaching, we have been successfully implementing the 'my Happy mind' programme across the whole school. The five units taught throughout the year focus on understanding our emotions and learning how to deal with them in day to day life, as well as learning some useful strategies which support a positive mindset. These units are entitled; Meet the Brain, Celebrate, Appreciate, and Relate. We have been looking at the 'Appreciate' unit which focuses on being thankful for who and what we have in our lives.. Watch out for the newsletter which will be available on the school website before the end of term.

One of the reasons we decided to use my Happy mind in school is because it has a **fantastic Parent App** which you can download here and find out all about what we are talking about in school.

Use the authentication code:
112270

SCAN ME

myHappymind app for Parents supports families in developing a deeper understanding of the science of happiness and wellbeing so that they're able to teach their children.
The programme is fully backed and supported by the NHS, all because it has had such a huge impact on children and staff and schools using mHm, have reported a significant reduction in their referrals to CAMHS (Child And Adult Mental Health Service).



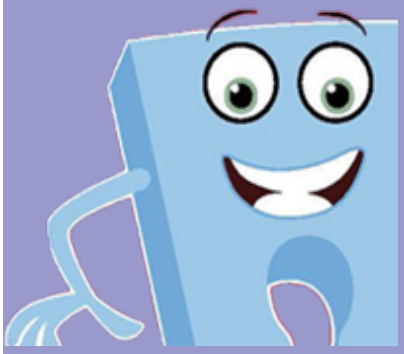
In school we are looking to introduce

Happiness Heroes

This is something that has worked really well in other 'myHappymind' schools and we can't wait to see what we can all achieve together.

Watch this space for more news on this in the coming months.





What is PSHE Education?

PSHE Education (Personal, Social, Health and Economic Education) is a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to successfully manage their lives - now and in the future. As part of a whole-school approach, PSHE Education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

What do schools have to teach in PSHE Education?

According to the National Curriculum, every school needs to have a broad and balanced curriculum that: • promotes the spiritual, moral, social, cultural, mental and physical development of pupils at the school • prepares pupils at the school for the opportunities, responsibilities and experiences of later life • promotes British values. Primary schools in England also need to teach Relationships and Health Education as compulsory subjects and the Department for Education strongly recommends that they should also include age-appropriate Sex Education. We teach this in our science lessons.

Schools also have statutory responsibilities to safeguard their pupils (Keeping Children Safe in Education, DfE, 2019) and to uphold the Equality Act (2010). The Jigsaw Programme supports all of these requirements and has children's wellbeing at its heart . More information is available on the school website. RSHE/ PSHE / SMSC | Bridekirk Dovenby CE Primary School

Jigsaw supports our ethos and values and everything we are trying to teach the children.

Our school also has an excellent link with **Charlotte Thompson** who works for *Cumbria North Integrated Care NHS Foundation Trust* as a Public Health Nurse. She has delivered training for staff regarding medication in school as well as spending time with the children discussing relevant issues for their age group.

Charlotte attended our Parent meetings in this week and was happy to chat to parents about any services that Cumberland have to offer young people and their families.

She will also be delivering a workshop / coffee morning on the importance of sleep to parents on 13th March (details to follow).

More details around which services Cumberland Council has to offer can be found here:

Families Information | Public Health 5 to 19

Emotional Learning Support Assistant (E.L.S.A.)

Mrs Hayhurst is a fully trained ELSA who works with individual children who require support for their emotional literacy. She designs bespoke sessions for each child depending on their needs and specific requirements. This has proved to be a fantastic addition to our provision in school and the children love working with Mrs Hayhurst and gain so much from their sessions. If you feel you child would benefit from some of these sessions please let school know.

It's good to talk! On Friday's Mrs Brew holds a well-being group where children are given the opportunity to discuss things like their week, anything that has gone really well or maybe that they would like support with. The children are able to use this session to process their emotions and gain support at the same time.

If you would like any more information about our provision in school then please email:

lynsey@bridekirkdovenby.cumbria.sch.uk

I will be happy to help.