

## Wellbeing Action Group

At Brookside, we have a wide community of adults and students who contribute to and support our work in this important area.

Mr Ballard is the Senior Mental Health Lead with overall responsibility for Wellbeing but, just as it takes a whole village to raise a child, it takes a whole community to develop and grow what we do for all our wellbeing.

Wellbeing is discussed at Senior Leadership meetings on a regular basis and individual cases are referred to the Mental Health Support Team for identifying if additional specialist support would be helpful. Mrs Ashford and our SENCOs Mrs Moore and Mrs Nevell also feed into this process. Mrs Hirst is our ELSA who works directly with children who need additional support. Mr Baker-Cooke is our Parent and Family Support Assistant and Mrs Pavey is our Pastoral Support Assistant.

In addition to these specific roles and responsibilities, we have a number of staff trained as Mental Health First Aiders who work throughout specialist and mainstream school both in class and on the playground. All teaching staff are trained in recognising and supporting students and adults in times of mental health need.

We recognise that, for Wellbeing to be truly embedded in our lives, we need to teach children how to actively monitor and take pro-active care of their own mental health. To this end, all children engage in curricular learning throughout the year in a variety of subjects and activities. We also have a team of trained Playground Buddies who are there to help any children who look like they need a friendly face, person to play with or peer to talk to. There are a team of trained Wellbeing Champions in Year 6 who are out at break times to offer support for anyone with bigger concerns. They know how to help where it is needed, including passing bigger issues on to the adults.

All our students know they can raise any worries or seek help at any time but we also have an annual pupil wellbeing survey which allows us to build a formal picture of areas we are doing well on and areas we can do even better.

These different groups and individuals all feedback into the whole school leadership conversations on pupil and staff wellbeing and are collectively known as our Wellbeing Action Group.