

MENTAL HEALTH & WELLBEING AT HOLY FAMILY

Taking care of your mind is just as important as caring for your body. At Holy Family we have a Whole School approach, recognising that emotional health and wellbeing is everyone's responsibility. It is embedded in our culture and ethos of the whole school. We know that focussing on well-being and mental health not only enables us to provide a healthy and happy environment for pupils and staff and prepare the citizens of tomorrow with sound character and values, but also directly supports our more immediate mission: the promotion of effective learning.

Our staff are well placed to spot early signs of a problem. With the support of the Oldham Whole School Emotional Health and Mental Wellbeing Framework [Supporting Young Minds Through Tough Times](#) we aim to promote social, emotional and mental wellbeing in order to tackle mental health problems. We understand it is our responsibility to make a positive impact on our children's lives.

Five Ways to Well Being



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence



In order to do this, children are given the opportunity to access a range of counselling services which have included Youth in Mind, Healthy Young Minds and Play Therapy.

Children are aware of the need for a healthy mind as well as a healthy body and they are encouraged to talk to members of staff, which includes our experienced Pastoral Support Officer, or ask for help anonymously using one of our many help boxes, if they feel they need support.



Children are also sign posted to outside agencies if they would rather access support from home, or if they feel that a member of their family needs support

Holy Family provides a safe environment which nurtures and encourages our children's sense of self-worth, reduces the threat of bullying and violence and promotes positive behaviours.

There is a culture of inclusiveness and communication at Holy Family that ensures that all staff and children's concerns can be addressed (including the concerns of those who may be at risk of poor mental health).

Our school curriculum promotes positive behaviours and successful relationships and helps to reduce disruptive behaviour and bullying. This includes targeted programmes and interventions such as:

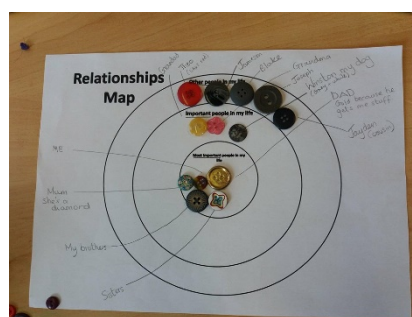
BUDS (Nurture Gardening Group) - including the development of our sensory garden

Emotional Literacy sessions

Reflect and Repair sessions

Time to Talk to Teacher

Circle of Friends



Parents, carers and other family members are given the support they need to participate fully in activities to promote social and emotional well-being. Our school works well with outside agencies such as Early Help, Healthy Young Minds and POINT and we will often go above and beyond to support our families. This includes support with:

home visits, uniforms, trips, attendance, presents from Cash for Kids Christmas Appeal, the REAL project, parent volunteers, the SEN Parent Support Group... and sometimes just being available with a cup of tea and a listening ear!

Helpful Websites:

Samaritans (helpline providing assistance for anyone struggling/distressed)
www.samaritans.org Freephone 24/7: 116123

Papyrus (helpline for young people)
Call: 0800 068 41 41 or text: 0778 620 9697 (Mon-Fri 10:00am-10:00pm,
Weekends 2:00pm-10:00pm)
Email: pat@papyrus-uk.org

Calm (charity aiming to help men's mental health)
Call: 0800 58 58 58 (5:00pm-midnight every day)

Switchboard (lgbt+ advice and mental health hotline)
Call: 0300 330 0630 (10:00am-10:00pm everyday)
Email: chris@switchboard.lgbt

7 Cups of Tea (online counselling service)
www.7cups.com

Young Minds (young people's mental health charity)
www.youngminds.org.uk
Text: YM to 85258 (for urgent help)

Be Mindful (for mindfulness/meditation/calming tools)
www.bemindful.co.uk

Anxiety UK (for help, resources and information on anxiety)
www.anxietyuk.org.uk
Email: support@anxietyuk.org.uk

Student Listeners (Cranbrook School's student peer listening service)
www.studentlisteners.com

External Agencies

[Anna Freud Organisation - National Centre for Children and Families](#)

[MIND Charity](#)

[TOG MIND \(Tameside, Oldham and Glossop\) Charity](#)

[Young Minds Charity](#)

