

## Emotional Health and Well-being

Emotional health and well-being featured strongly in all the project work. This is unsurprising given that we know how important it is to ensure that pupils are feeling safe and have the resilience to face new learning challenges.

The ideas and resources in this section focus on whole school strategies to develop children's emotional health. The Department for Education published guidance for schools in 2016. This highlighted the following ways in which schools can promote pupils' mental health:

- A committed senior management team
- An ethos of setting high expectations of attainment for all pupils with consistently applied support
- An effective strategic role for the SENCO
- Working with parents and carers as well as the pupils themselves
- Continuous professional development for staff
- Clear systems and processes to help staff who identify children and young people with mental health problems
- Working with others to provide interventions for pupils with mental health problems that use a graduated approach to inform a clear cycle of support
- A healthy school approach to promoting the health and well-being of all pupils in the school

### Case study ideas

Schools in the Oadby Learning Partnership worked together to share ideas about supporting pupils with emotional and mental health needs. They developed and used a tool to track well-being and a one page profile. They also focused mentoring programmes on this target group of pupils.

At Kingsway primary school leaders used the links to the Virtual School to develop an Emotion Coaching programme, with a particular focus on children in care. This improved pupils' readiness to learn and adults' repertoire of strategies to support pupils.

At Husbands Bosworth CofE primary school, the project focused on training for Emotional Literacy Support Assistants (ELSA). The ELSA leads a focused intervention programme to which is tailored to meet the needs of pupils.

### Case study links

Oadby Learning Partnership – [click here](#)

Kingsway Primary School - [click here](#)

Husbands Bosworth – [click here](#)

### Additional materials and useful links

A whole school evaluation tool based on DfE publication, Mental Health and Behaviour in Schools – [click here](#)

Risk and protective factors – information that could be used as the basis for early identification – [click here](#)

Children's happiness scale

<https://www.gov.uk/government/publications/the-childrens-happiness-scale>

Mental well-being toolkit

<http://www.annafreud.org/media/4612/mwb-toolki-final-draft-4.pdf>

Well-being survey for children and young people

[https://youngfoundation.org/wp-content/uploads/2012/10/SURVEYFINAL\\_Buck\\_Warm.pdf](https://youngfoundation.org/wp-content/uploads/2012/10/SURVEYFINAL_Buck_Warm.pdf)

Mental health and behaviour in schools

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/508847/Mental\\_Health\\_and\\_Behaviour\\_-\\_advice\\_for\\_Schools\\_160316.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/508847/Mental_Health_and_Behaviour_-_advice_for_Schools_160316.pdf)