



# Worsbrough Bank End Primary School

The best in everyone™

Part of United Learning

Mental health problems affect about 1 in 10 children and young people. They include depression, anxiety and conduct disorder, and are often a direct response to what is happening in their lives.

Alarmingly, however, 70% of children and young people who experience a mental health problem have not had appropriate interventions at a sufficiently early age.

The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

Things that can help keep children and young people mentally well include:

- being in good physical health, eating a balanced diet and getting regular exercise
- having time and the freedom to play, indoors and outdoors
- being part of a family that gets along well most of the time
- going to a school that looks after the wellbeing of all its pupils
- taking part in local activities for young people.

Other factors are also important, including:

- feeling loved, trusted, understood, valued and safe
- being interested in life and having opportunities to enjoy themselves
- being hopeful and optimistic
- being able to learn and having opportunities to succeed
- accepting who they are and recognising what they are good at
- having a sense of belonging in their family, school and community
- feeling they have some control over their own life
- having the strength to cope when something is wrong (resilience) and the ability to solve problems.

Most children grow up mentally healthy, but surveys suggest that more children and young people have problems with their mental health today than 30 years ago. That's probably because of changes in the way we live now and how that affects the experience of growing up.<sup>1</sup>

At Bank End we believe strongly that everyone needs good quality therapeutic approaches to thrive, enjoy their learning, make progress towards their potential and be happy. As such, we aim to offer every child an opportunity to be in a school with a great discipline, dedicated wellbeing and safeguarding support and therapeutic approaches every day. We closely monitor all our children so that we can be ready to respond to their needs should they require additional support or an intervention. We encourage and welcome parents and carers seeking support from us, should they have a concern about their child in the home setting.

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<sup>1</sup> <https://www.mentalhealth.org.uk>



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Every member of staff in school is trained in therapeutic language. Our behaviour management systems are built around a coaching model and we work hard to provide children rich opportunities to learn from mistakes. We use conflict resolution strategies to support children when there have friendships breakdowns and when there are bully incidents.

We believe strongly, that everyone can grow from this model of support.



Sometimes children need more support to be happy and get the very best from their education and care. If children are having repeated issues with their behaviour, have difficulty making and keeping friends or have issues in their home life, we can offer support from our Nurture Team. Dependent upon need, families may be offered some of the following:

Play Therapy, Pastoral Behaviour Plans, a Key Worker  
and/or 1:1 support



Once a child is having interventions we will review how well it is supporting them on a weekly basis. Should we and the family feel that they need more support we are able to provide:

- Full time or partial Nurture Curriculum
- Specialist Therapy Sessions
- Early Help Support for Families
- Referrals to External Agencies