MILFORD JUNIOR SCHOOL

"Every Day Matters
Aspire Achieve Succeed"

Mental Health and Wellbeing Statement

At Milford Junior School, we recognise the importance of promoting positive mental health across the school and support the emotional health and wellbeing of our pupils, staff and parents. Although we do have key staff dedicated to supporting mental health and wellbeing, we take the view that **we all** have a vital role in supporting positive mental health.

We promote a mentally healthy environment through:

- Promoting our school values and encouraging a sense of belonging
- Celebrating academic and non-academic achievements
- Whole class PSHE lessons
- Promoting pupil voice and opportunities to participate in decision making
- Providing opportunities to reflect
- Year group and whole school assemblies

Mr Hancock	Mental Health Lead / SENCo
Mrs Mullings	Assistant SENCo
Mrs Samways	PFSA (Parent Family Support Advisor)
Mrs Lewis	Welfare Officer / Nurture
Mrs Toogood	ELSA (Emotional Literacy Support Assistant)
Mrs Rye	PSHE Lead
Mrs Murphy	Welfare TA

At our school, we know that everyone experiences life challenges that can make us vulnerable and at times, anyone can need additional emotional support. Therefore, we may offer more tailored support for specific individuals. This could include:

- 1:1 or small group ELSA sessions
- Use of our Nurture Room (Welfare) during the school day
- Social Stories
- Daily check-ins
- Use of Thrive strategies and approaches
- 1:1 or small group Nurture sessions
- PFSA support
- Links with external agencies

Over time, we hope that these strategies will build resilience and will provide adequate and effective coping strategies when faced with adversity.

If you would like to access PFSA support, or if you would like to talk through any part of this process, please contact the SENCO via the school office or speak to your child's class teacher.