




Mental Health Information Leaflet 4

How we at Uffington School will look to improve and maintain the mental health and wellbeing of all in the school community

We at Uffington C of E Primary School are acutely aware of the importance of mental health in ensuring everybody can reach their full potential. In consideration of this, we are looking to provide a rich and varied programme of activities, set against the curriculum and our ethos as a church school.

How will we identify those vulnerable, or those in need of additional time and help?

Early in November 2022 we will be looking to issue a survey to children, differentiated for those in the Early Years Foundation Stage. We will then collate the results which will drive the programme of activities and interventions.

Impacts	
 <p>Body</p>	<p>Muscle tension, tension headaches, clenched jaw, rapid heartbeat, nervousness, panicky, irritability, poor concentration</p>
 <p>Mind</p>	<p>Mood swings, impatience, loss of concentration, frustration, anger indecision, tight chest, stomach churning, heart racing, trembling</p>
 <p>Social</p>	<p>Bossiness, abrasiveness, curt speech, withdrawn, avoiding contact with others, uncommunicative</p>

What are the interventions and activities that will be effected?

Depending on the needs identified by the survey we will look to assign those children who need support to one of the following activities;

Let's Talk – A series of small group chats centred around:

- building resilience, emotional strength, and social communication whilst building the language involved in dealing with our emotions



The Feelings Artbook – A series of activities promoting:

- emotional literacy through drawing
- addressing 3 key areas to help in developing emotional intelligence, empathy, emotions and self esteem

Feelings detectives – a coping skills intervention designed around:

- social, communication and interaction difficulties

Individual targeted plans

Will my child receive support even if they have not been identified through the survey as needing additional help?

Through a comprehensive PSHEE curriculum, *all* children will receive an education designed to allow them to cope with normal everyday stress.



[For more information please contact:](#)

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