

## Intent

At Riverley, we believe that a whole school approach to wellbeing supports all children on their way to High Achievement and success. Our wellbeing approach supports our children to become knowledgeable about mental health and wellbeing, strengthening the emotional literacy that they need to fully articulate their feelings and emotions.

As facilitators, we aim to allow children to build resilience, creativity and trust in themselves. Through our creative STEM curriculum and outdoor learning opportunities well-being is enhanced through connections with the natural world. We understand that wellbeing is vital for our pupils in order for them to be able to fully absorb their lessons and progress as individuals ensuring high achievement in all aspects of their learning.

Our children at Riverley are taught that their voice is important and they are encouraged to speak up about their feelings and thoughts. This ability to articulate themselves supports them in widening their horizons as they build upon their skillsets through our vast and engaging range of experiences on offer.

We have many systems in place to support our pupil's emotional and social growth and share these strategies with the other schools across the trust. We pride ourselves on our environment as it promotes open, safe spaces where the children are given the tools to express their concerns and any worries with any member of staff. In addition, we aim to not only promote positive mental health, but to provide early intervention for any issues that they may be experiencing. Everything we do is intended to ensure that our students are capable of recognising their own emotional needs and that they have the strategies and tools needed to address them in a responsible, healthy and respectable manner.

## Implementation

Our teachers are trained in both recognising emerging mental health struggles in our students and maintaining a "mental health friendly" environment. This ensures that our children are being treated with care and respect and that they learn that they are valued members of the wider community.

The pupils at Riverley are exposed to a wide range of strategies to promote emotional literacy. This is done through carefully selected books and class discussion at story time and in assemblies, explicit PSHE lessons exploring emotions and a wellbeing approach to behaviour management. In addition to their PSHE lessons, children are given their own personal journal in which they can express their feelings and record any impromptu class discussion around wellness. At Riverley, every child has access to an additional trusted adult (aside from their class teacher), locked worry boxes (to log any concerns they have) and friendship intervention groups. We also work closely with our families and believe that two-way communication is essential to the wellbeing of the pupil. This involves parental access to meetings with the Wellbeing Lead, open lines of communication with class teachers and access to target workbooks to complete with your child, if needed.

## Impact

The children at Riverley are well adjusted and emotionally literate. They can explain their own feelings and empathise with each other well. They have knowledge of a wide range of strategies to regulate their emotions and can recognise their own triggers. The children are aware of how to care for their own physical and mental health and this helps them to focus on their own life goals and deal with future pressure when they are adults.