

### ELSA sessions



We have a trained Emotional Literacy Support Assistant who is available to work with children who need a little extra support working through a difficult time or children who need support with learning how to handle certain emotions. These sessions are a really effective opportunity for children to have some 1:1 support.

### PSHE Jigsaw sessions



The whole school uses a Personal Social Health and Economic (PSHE) scheme called Jigsaw. This is a progressive curriculum that focuses on developing children's awareness of themselves physically, emotionally and mentally. Weekly sessions are taught across the school and it is a valuable opportunity to explore relevant issues and concerns.



### School Council

Our School Council at Wyke is made up of 2 representatives from classes 1-6. The children meet regularly with the School Council Lead Teacher to discuss any problems or issues classes wish to raise, as well as to provide a pupil voice on decision making- from new teacher appointments, to the buying of new playground equipment, rules at break and lunchtimes and many more. School Council reps take their class's ideas to meetings and then feedback the meeting minutes to their own classes

### Healthy and Active Lifestyle



Children take part in 'Wake and Shake' and the daily mile every day.

At break time we enjoy fruit and vegetables and a healthy snack in KS2.

As a school we encourage the children to take part in school clubs for example gardening, construction and netball. We all go on a termly ramble in the local area.



## How do we support children's Mental Health and Wellbeing?



### Mental Health Support Team in Schools.

We are very lucky to have support from the North Dorset Mental Health Support Team (MHST) at Wyke. Our Education Mental Health Practitioner (EMHP) is Niki Carter. EMHPs are trained to support schools and families using preventative strategies. Niki and the MHST help us to continue to raise awareness of Children's Mental Health through providing class workshops on anxiety and other areas of Mental Health and wellbeing.

Niki has delivered teacher training on this and also plans to provide parents with workshops on how we support children in school and strategies that can be used at home.

Please speak to school if you would like to find out more.

### Making meaningful connections



Making connections with other people and the world around us can help support good mental health and wellbeing. At Wyke children have the opportunity to make connections with others through school visits, residential trips and visiting elderly members of our community at The Mellows Residential Home. Clubs during and after school also allow children to meet with children and teachers they might not see in a typical school day. Children can also visit Gilbert the guinea pig in Wren class!

Each class creates their own 'Wyke passport' with 15 activities to complete over the year. These encourage children to challenge themselves to do new things and learn skills as well as learning about the world around them.

### Growth Mindset



At Wyke we promote and encourage a 'Growth Mindset'. This is a belief that basic abilities are not fixed and that intelligence can be developed over time. Through effort and determination, intelligence and basic qualities can grow. This empowers children and helps them to understand that to 'grow' things will at first be hard and that this is part of the process but perseverance and resilience leads to progress.

### I'd like my teacher to know box



Each class has a box which children can discretely post a note into about something they would like their teacher to know about. This can be about anything. The class teacher regularly checks the box and takes time to speak with that child one on one.