

# Our Ethos

At Red Hall Primary School, we are committed to supporting the emotional health and wellbeing of our whole school community – pupils, staff, parents/carers and governors.

We have worked hard over the past 4 years to develop a unique ethos which puts our children and the staff's well-being at the heart of everything we do. This is what sits at the core of the service we provide at Red Hall Primary School.

We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

## At our school we:

- **Help children to understand and manage their emotions and feelings better**
- **Help children and staff to feel comfortable sharing any concerns or worries**
- **Help children socially to form and maintain relationships**
- **Promote self-esteem and ensure children and staff know that they count**
- **Support children to recognise the impact of choices they make**
- **Encourage children and staff to be confident**
- **Help children and staff to develop emotional resilience and to manage setbacks**



**Red Hall**  
**Primary School**

Telephone: 01325 254770  
admin@redhall.darlington.sch.uk



**How do we support  
Positive Mental Health  
and Well Being at  
Red Hall Primary School?**



Our aim is to help **YOU** to receive the right support from the right people at the right time.

# We offer different levels of support:

## Universal Support To meet the needs of all through our overall ethos and our wider curriculum.

- **Rate your feelings** – Our children are encouraged to think about their emotional state at different points in the day, this allows teachers to identify any children who might need some support before learning takes place.
- **Time and Space** – Sometimes children face difficult situations both in and out of school. Our children can leave the room for some 'Time and Space' to gain additional support, relax or to reflect on some of their choices so they are able to return to class ready to learn.
- **Space to Talk** – This room in school allows children to 'Talk' to an appropriate adult in a comfortable environment away from their classroom
- **Mindfulness** – All our teachers have been trained in Mindfulness techniques that can be used during the school day.
- **Wilderness Schooling Sessions** – We buy into these sessions for some year groups which promote positive well-being through learning outdoors.
- **Weekly PSHE and Circle Time lessons**  
Additional support For those who may have short term needs and those who may have been made vulnerable by life experiences.



## Family support

My name is Yvonne Watson, I have worked at Red Hall for four years and in that time I have come to understand that many children and families experience difficult times, which can make a happy, successful school and home life a struggle.



I work closely with children and families who may be experiencing difficulties, this could be as simple as a misunderstanding with friends or it could be a more complex issue such as bereavement or a change in family circumstance. It may be that the support is needed for a short while or it could be a longer process.

### I also offer;

- **Parent/Child Activity Groups**
- **Grandparent/Carer support coffee mornings**
- **Dad drop – in sessions**
- **1:1 support for all adults and children**
- **Signposting to additional support**

## Our Learning Mentor

I'm Angela Clemmons and my job is to work closely with pupils every afternoon both inside and outside of the classroom to help them to overcome any emotional problems that might be affecting their learning in school. I am a good listener and can work on a one to one basis or with small groups. I will often be seen out on the yard at lunchtime promoting friendship groups or playing games indoors with the children who need someone to talk to.



**Whilst we offer a wide range of specialist provision for you and your families please know that WE are ALL here for YOU and you are welcome to come in and talk to any staff member at any time.**

**Our door is always open.**

I organise support for our Y6 pupils as they prepare for transition to secondary and work with children to develop confidence and promote good self-esteem.

## Targeted support

**For those who need more differentiated support and resources or specific targeted interventions such as wellbeing groups or personal mentors.**

- Referral to Child and Adolescent Mental Health Services (CAMHS)
- Referral to Early Help
- Referral to our ELSA
- Referral to our school counsellor

## Our School Counsellor

Lillian Moore is a very experienced and skilled counsellor who we employ to work with some targeted children during the school day. She is in school every Thursday and if your child is referred to Lillian you will be offered the opportunity to come in and meet and talk with her before she starts her work with your child.



## Emotional Literacy Support Assistant (ELSA)

My name is Emma Piper and one of my role in school is to support our children working closely with them to help them to make friends, deal with difficult situations, and manage their anger. I am also there as a friendly ear when they feel sad, worried or frustrated. I work with our children on a one to one and also in small groups.

