



Information and resources:

Activities, information and websites are shared on google classroom via the Wellbeing classroom. All parents were sent the link to join this, last year. However, you can also join by following the link below:

<https://classroom.google.com/c/MjI4NTQ0NTQyOTMx?cjc=yvpppdd>

Information and support:

[https://www.bbc.co.uk/bitesize/articles/zy3yf82?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=mental-health](https://www.bbc.co.uk/bitesize/articles/zy3yf82?utm_source=google&utm_medium=cpc&utm_campaign=mental-health)

<https://www.youngminds.org.uk/parent/>

[The Mental Health Foundation's Schools - Make it Count Parents and Carers guide.pdf](#)

Wellbeing through art: <https://www.place2be.org.uk/our-services/parents-and-carers/wellbeing-resources-for-families/activities-from-the-art-room/>

**ELSA**

Our ELSA room is open daily at lunchtime (Forms 1-6). Please remind your child that they are able to come to the ELSA room (12.40-1.10) to talk to an adult, if they have any worries. Parents can also contact the ELSA's directly using the following email: [elsa@seatonhouse.sutton.sch.uk](mailto:elsa@seatonhouse.sutton.sch.uk)



## The Wellbeing Award for Schools

Over the last 15 months, we have been reviewing and developing our provision for mental health and wellbeing. As part of this process, we are taking part in the Well-being Award for Schools.

The Wellbeing Award for Schools (WAS) has eight objectives, which focus on areas of evaluation, development and celebration of the work of schools in promoting and protecting emotional wellbeing and positive mental health.

**Objective 1:** The school is committed to promoting and protecting positive emotional well-being and mental health by achieving the Well-being Award for Schools.

**Objective 2:** The school has a clear vision and strategy for promoting and protecting emotional well-being and mental health, which is communicated to all involved with the school.

**Objective 3:** The school has a positive culture which regards the emotional well-being and mental health as the responsibility of all.

**Objective 4:** The school actively promotes staff emotional well-being and mental health.

**Objective 5:** The school prioritises professional learning and staff development on emotional well-being and mental health.

**Objective 6:** The school understands the different types of emotional and mental health needs across the whole-school community and has systems in place to respond appropriately.

**Objective 7:** The school actively seeks the ongoing participation of the whole-school community in its approach to emotional well-being and mental health.

**Objective 8:** The school works in partnerships with other schools, agencies and available specialist services to support emotional well-being and mental health.

Supporting wellbeing requires a whole school approach and commitment from all stakeholders. At school we have a staff wellbeing team and Pupil Wellbeing Champions in each Form (1-6). We also have a wellbeing governor. Over the last 15 months we have sent out information and provided support and resources via the newsletter, emails and google classroom. However, we would like to ensure we also include parent views and ideas within our ongoing developments. Therefore, we will be including wellbeing as an agenda item during our termly meetings with Form Representatives. Parents are also encouraged to email the ELSA email or [sarahm@seatonhouse.sutton.sch.uk](mailto:sarahm@seatonhouse.sutton.sch.uk) if they have any questions, concerns or ideas regarding mental health and wellbeing, and how this could be supported further.

Thank you for your ongoing support.