

# Lime Tree Primary Academy



@Limetreepa  
@WellbeingLTPA

Wellbeing Award Presentation

# Ethos and Values

We believe in and strive for...

- ▶ Skilled knowledgeable, independent and **resilient Learners**
- ▶ Creative, imaginative, structured and **adaptable Thinkers**
- ▶ **World aware, community spirited, caring and healthy Individuals**
- ▶ **A place where everyone loves to learn.**
- ▶ Lime Tree exists to push the boundaries, **remove the barriers** and challenge the ordinary, enabling learning construction that is truly accessible for all.

Through research, innovation and creativity we champion education as the vehicle to ignite passions, discover talent, **nurture self belief** and become the very heart of our community



ALL OUR **DREAMS**  
CAN COME TRUE,  
IF WE HAVE  
THE **COURAGE**  
TO **PURSUE** THEM  
Walt Disney

# Some examples of Physical Activity @LTPA and the impact on Mental Health and Wellbeing

- ▶ Daily mile
- ▶ Friday jogs / celebration end of term runs
- ▶ Activity tracker for every child - commitment to all leading an active lifestyle - impact on after school clubs
- ▶ Fitness fortnight (all children keeping records) and mental health and wellbeing tracker - Won Trafford Schools Partnership Awards
- ▶ GOLD GAMES MARK (key values inline with our own: determination, passion, respect, honesty, self-belief, teamwork) Engaging in this assessment and self reflection process annually helps us ensure our provision is at the very best for all, with physical activity having a direct impact on mental health and wellbeing
- ▶ Trust Games commitment
- ▶ Sleep Week
- ▶ Brain Breaks
- ▶ Daily Yoga/Lunchtime Health clubs ran by ambassadors
- ▶ Sports Premium
- ▶ Commando Joes



**Year 5 target time**  
**Tchoukball**



**COLLAGE**

# Some examples of previous and current Parental Support @LTPA

- ▶ Parental Wellbeing and pastoral team
- ▶ Ongoing personalised support with individual parent mental health, parent classes, door stop visits, mental health first aid with parents, signposting to agencies
- ▶ Parent Liason Pupil Premium and Vulnerable children/EAL nominated staff member
- ▶ Hampers, Food Parcels, EAL Stockport Service for parents, coffee chat mornings, additional support parent meetings, pupil premium support and funding
- ▶ External Agency involvement with mental health and wellbeing as a commitment to children

Sale Life Church bid, Sale Sharks Easter hampers, Food Parcels, St Francis Church, Donations, input from parents for staff and school community

- ▶ Parent Forums
- ▶ Friends of Lime Tree Parental Support Group

# How to nurture a child's mental health

Actively listen before offering your advice

Be patient

Share your feelings and validate theirs

Tell the truth

Model healthy behavior

Surround them with healthy adults

Teach them how to be safe

Use open ended questions

Have scheduled family time

Limit electronic time for everyone

Reach out and hug them

Model forgiveness

Respond calmly when their emotions are elevated

View their behavior as a window to their needs and feelings

Make play and exercise a requirement

Set and respect boundaries

Believe them and in them

Practice relaxation exercises together

Recognize positive choices

Be present

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## JUST RELAX!

with Bianca Yeramian

JUST RELAX is a 6 WEEK PROGRAMME for parents and children aged 5-11 years to promote emotional health and family connection. THE 7 STEPS teach children a number of strategies for managing their emotional well-being including stress and anxiety, improves self-image, builds confidence and a positive mindset.

Each session incorporates research based mindfulness techniques with fun and magical visualisations.

Movement Play Stretch  
Massage Breathe Believe Relax

If you would like to be part of it  
Please contact  
info@calmconnections.org

You've got this! We've got you!

calmconnectionscic - www.calmconnections.org

<p>Support and Friendship for families</p> <p>Family Support with Home Start, Trafford, Salford and Wigan (families with children aged 0 – 18 years)</p>	<p>R'Space Programme for CYP aged 5-14 who have experienced domestic abuse</p>	<p>Short breaks for CYP aged 5 – 11 years and 11 – 18 years</p>	<p>Inclusive Youth Group and Saturday Challenge (11- 25 years)</p>
<p>Trafford Get Out There 'GOT' Short breaks for CYP aged 5 – 18 years with Autism</p>	<p><b>Children's, Early Help and CAN Commissioned Services</b></p> <p>For more details on any of these services/wider services available please visit the <a href="#">Trafford Directory homepage</a> or the page here: <a href="#">Early Help</a></p> <p>Please note that due to the impacts of COVID-19, a number of the services listed are offering support either partially or entirely through virtual means at the present time.</p>		<p>Online support for 11 – 18 year olds with Kooth.com</p>
<p>Volunteer Coordination for Talk, Listen, Change (for the EHH's and YES)</p>	<p>Mental health support for young people aged 13-25</p>	<p>Supported Internship for young people with a learning disability or autism (18 – 24 years)</p>	
	<p>WE CARE BECAUSE YOU CARE</p>	<p>Free online parenting courses for all Trafford parents via</p>	

<https://www.justpsychology.co.uk/pages/28-trafford-sunrise>

Just Psychology

Trafford Sunrise

## Mental Health and Wellbeing Trafford Sunrise Parent Workshops May 2021

- Are you a parent based in the Trafford area with a child aged 5-12 years?
- Would you like some advice, information, and resources to support your child?
- Do you want to meet other parents facing similar issues?



Our parent workshops aim to help you to support your child regarding anxiety, bullying, behavioural problems and other emotional health and wellbeing topics.

Join our Zoom Workshops for Free! Pre-registration is required

You need to be a Trafford Resident to participate in this workshop

Anxiety

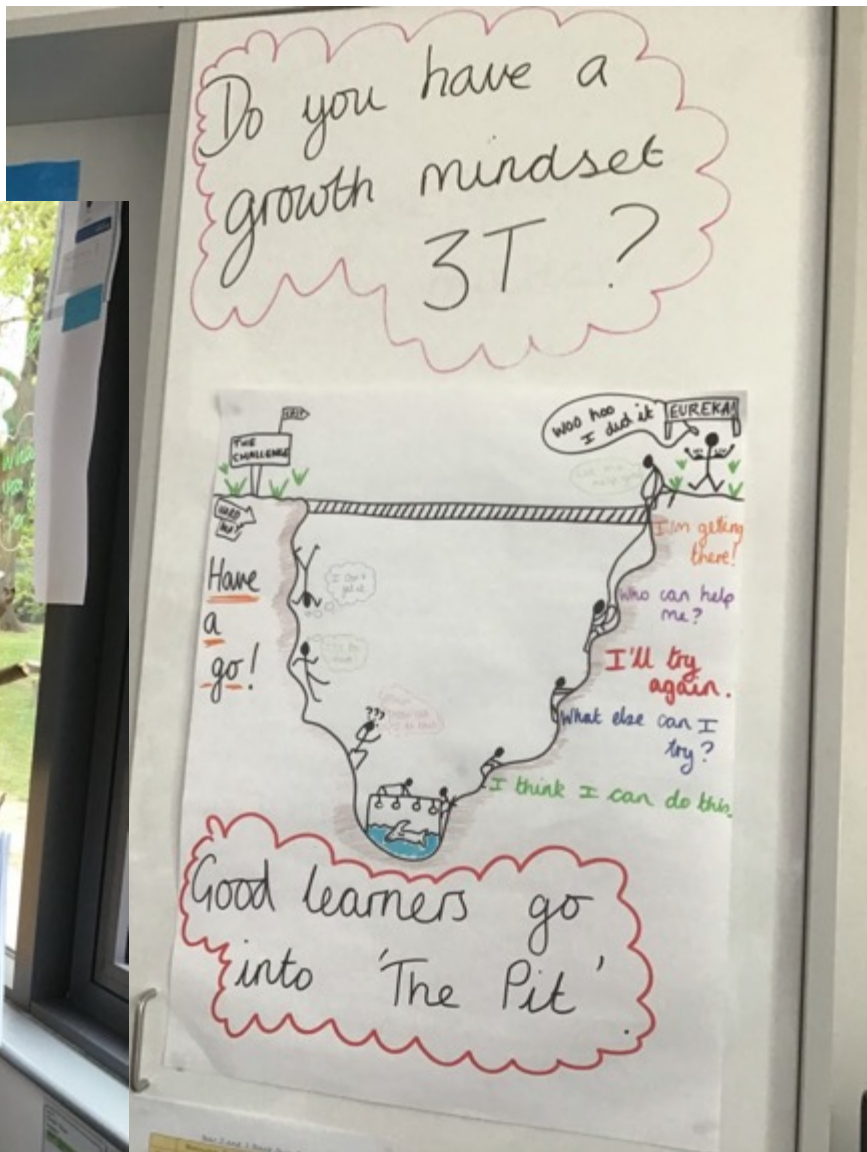
# Child Mental Health and Wellbeing Support

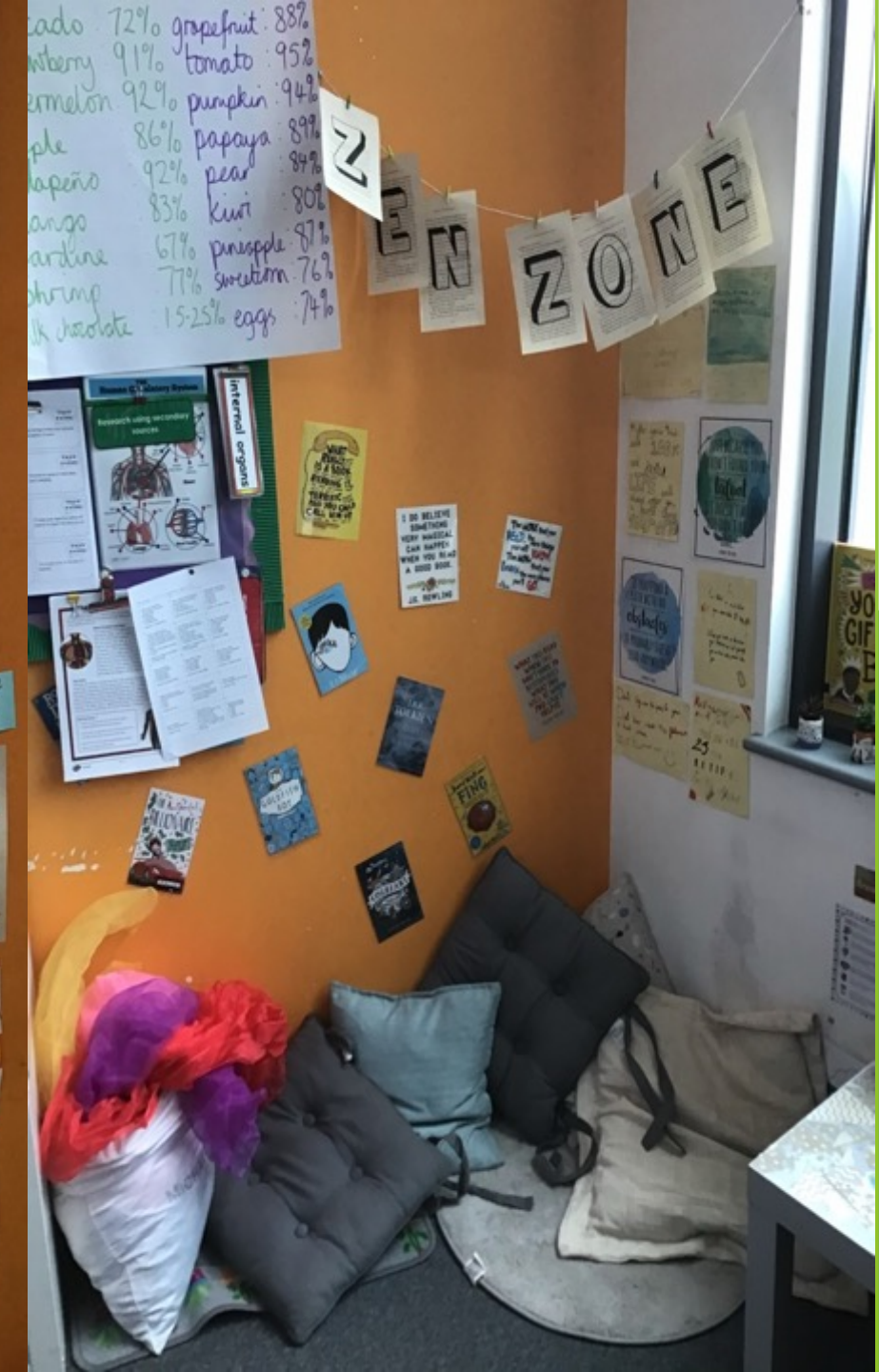
- ▶ ELSA mental health intervention groups
- ▶ Forest Therapeutic Intervention, Earth Adventures and Forest Schools (all separate entities)
- ▶ Sensory Boxesm, Calm Down Boxes, Zen Zones throughout school
- ▶ Displays to support children
- ▶ No Outsiders - celebrating diversity and difference, promoting equality for all
- ▶ Be The Jellyfish -New Time to Be Invisible Mental Health and Wellbeing Curriculum training given March 2021 all teaching staff
- ▶ 1-1 Commando Tim mental health and wellbeing sessions and support
- ▶ Small group and whole class Commando Tim support
- ▶ Emotion Coaching
- ▶ SEND support with mental health and wellbeing - social activities and anxiety support
- ▶ Regular staff meeting updates and communications
- ▶ Mental Health First Aiders (adults trained)
- ▶ Senior Leadership Check ins











# Mental Health and Wellbeing for Staff

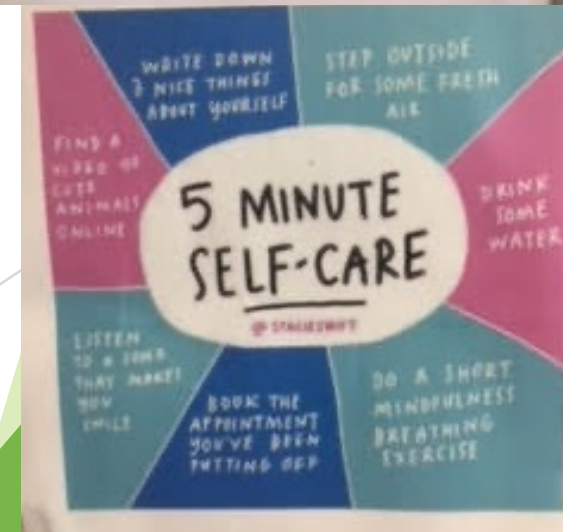
- ▶ Wellbeing Wednesdays
- ▶ Wellbeing Team Support and Guidance
- ▶ Wellbeing Wall (Staffroom)
- ▶ Several staff have completed the 2 day course to qualify as **Mental Health First Aiders**. The course has helped staff develop a deeper understanding of mental health and how to guide our children and families towards additional support if necessary. We all understand the importance of non-judgemental listening to our children and families.
- ▶ INSET days given back for twilights upon staff vote/suggestion
- ▶ New wellbeing leads for Sept 21 per pavilion
- ▶ Wellbeing Breakfast Fridays
- ▶ Wellbeing Relaxation Room
- ▶ Using herbal oils within the workspace
- ▶ Work/life balance actively encouraged
- ▶ Support with life balance e.g. car cleaning during working hours through site valet service
- ▶ Staff meetings x1 off a half term

# The 5 Minute Well-Being Plan

....print and scribble your way to a healthier, happier you



- 10 steps to self-care:**
1. Trust your instincts
  2. Never put yourself down
  3. Be kind to yourself
  4. Never give up on hobbies or interests
  5. Exercise
  6. Spend time with nature
  7. Let go of things you have no control of
  8. Give yourself a break
  9. Stay away from negativity
  10. Make time just for you



# Some examples of Whole School Initiatives

- ▶ Children's Mental Health Week
- ▶ Earth Day
- ▶ Autism Awareness Week
- ▶ Time To Talk Day
- ▶ National Sleep Week
- ▶ Fitness Fortnight
- ▶ Mental Health Week
- ▶ The Great Realisation Mental Health Awareness Project





# Aspects that were already embedded...

- ▶ Staff - we already have the ethos in our school and staff are all aware of this
- ▶ A very natural step forward to do the award because of huge amounts of provision already in place
- ▶ Communications are established and in place amongst school community e.g. google classrooms (remote learning), twitter, parentmail
- ▶ Provision - the amount we offer to our school community is vast, varied and well targeted
- ▶ Pastoral and Wellbeing Team Support - well established teams who are experienced, incredibly knowledgeable and keen to learn more
- ▶ Well established pupil voice and leadership teams
- ▶ Parent connections - wellbeing and pastoral care strong, parent voice organisations and support, looking to gain evaluative responses looking to move the school forward, sending questionnaires etc
- ▶ Understanding and realising the importance of 'reactive teaching'
- ▶ Research - teachers always looking to use new ideas for example technology, google classrooms, adapting to change and rising to challenge

# Year 2 Chat and Play



# Impact of the Award

- ▶ Thinking very carefully about provision and what the gaps are - this has improved provision for all the school community
- ▶ Connecting with external services including Schools Direct course which Lime Tree are the lead school and key facilitators in
- ▶ Widening provision due to increased training opportunities
- ▶ Further training and CPD for staff
- ▶ Catalyst in securing designated roles and responsibilities, creating and maintaining consistency in all aspects
- ▶ Unifying provision and paperwork - school offer, making sure that we evidence things we are doing even though it is our 'every day'
- ▶ Making time for staff - children always come first, but it has been very useful to really carefully monitor and put in systems and processes for staff and make these more consistent this year
- ▶ Teachers feeling more confident to thread mental health and wellbeing through everything we do at Lime Tree and doing their own research and trying new things when they spot gaps and instantly reacting e.g. 'chat and play' time in Year 2, particularly in response to the pandemic
- ▶ All staff feeling confident in training needs and what they would like to learn more about for CPD
- ▶ Staff understanding around mindfulness and creating atmospheres of calm, understanding the importance of this linked with the outdoors and forest school
- ▶ Looking to the future - what more can we do? Wanting to be pioneers and world class- learning from other schools

# Governor Statement

Mrs Slack

As both a staff member and staff governor, it is clear that the wellbeing of our children is central to everything we offer at Lime Tree. Nurturing our children and providing them with opportunities to talk about their mental health has always been pivotal to everything that we do here. All classrooms have zen zones, calm boxes and make great use of zones of regulation and emotion coaching on a daily basis. In addition to this, children receive Commando Joe sessions, ELSA interventions and Therapeutic Forest - all of which have been heavily reviewed, challenged and discussed during staff and governor meetings to ensure that they meet the purpose of improving pupil, staff and parental wellbeing.

Since returning to school following lockdown, the focus on our children's mental health and wellbeing has been more important than ever. Staff questionnaires, parental surveys and pupil voice has been key in allowing us to know how to best take the next steps to move forward. Having mental health ambassadors, mental health first aiders and a clear wellbeing team in school, gives us all the reassurance that there are people we can talk to if and when needed.

Whilst, as a school, we have focussed on our mental health and wellbeing provision for a long time, the award has allowed us to take a step back and fully comprehend everything that we offer, ensuring that we are providing a unified approach and maintaining consistency.