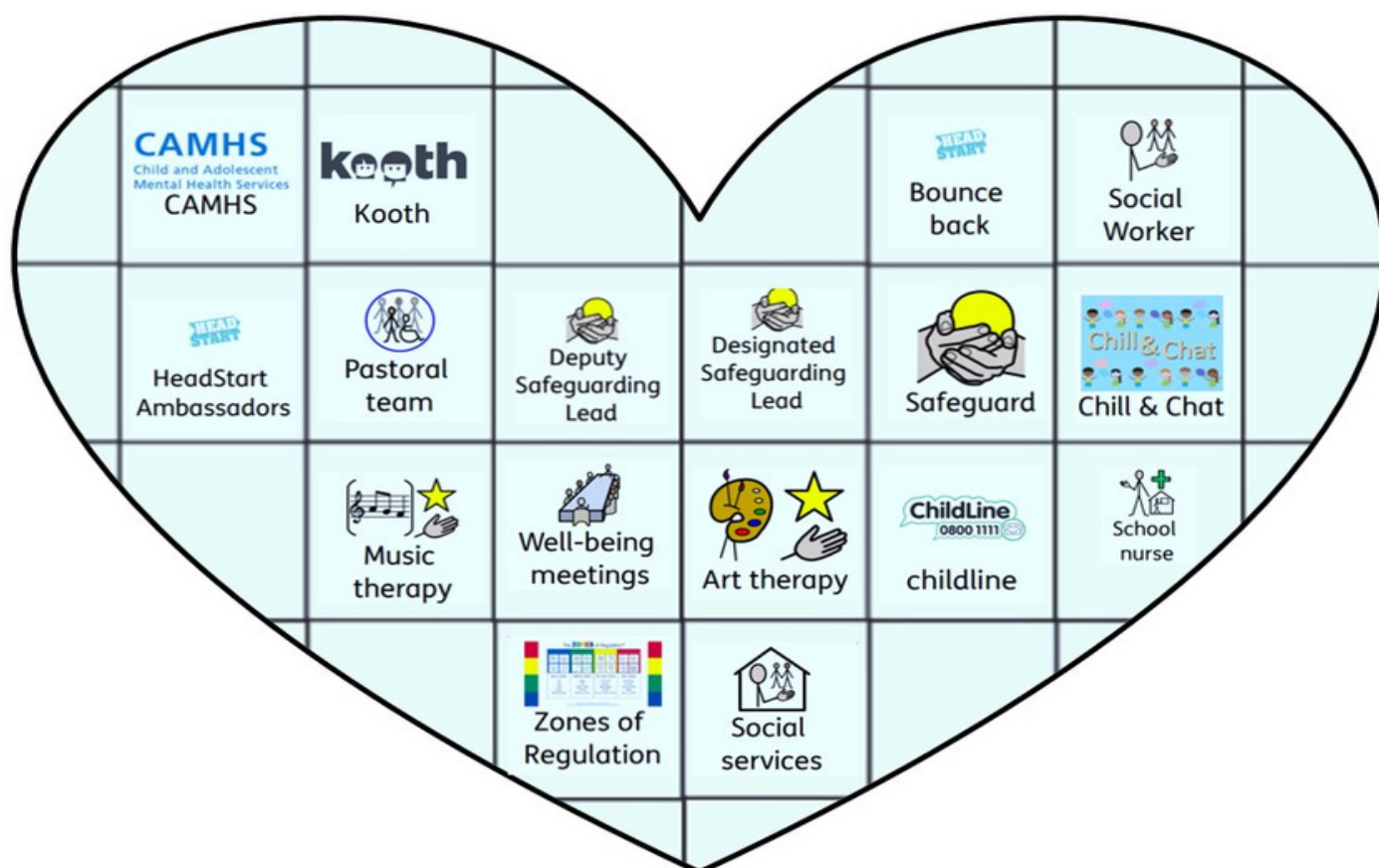


# Spotlight on ....

## Wellbeing



## Curwen Primary School

Curwen's aims SHINE underpin everything in school. As well as progressing academically and socially, we are also committed in ensuring we provide children with the skills to keep themselves mentally healthy and understand what is good for their well-being.

Our 'N' for SHINE stands for nurtured, and we believe that children need to feel connected and cared for in school in order to thrive. We work hard to ensure positive relationships with key adults so that everyone has someone trusted to talk to.





**PSHE is a key component of the Curwen Curriculum from Early Years up to year 6. We strongly believe in ensuring that children are emotionally ready to learn to ensure they make the best possible progress. We encourage children to speak up for themselves if something is making them upset or uncomfortable, and to speak up on behalf of others as they get older. Alongside our well-planned PSHE curriculum, we have a range of additional support available to pupils that may need it. This ranges from talking over concerns with trusted adults in class, small group or individual support from our Pastoral Team or more specialised support with our Music Therapist or Art Therapist.**

At Curwen we believe in the importance of skilling up our children to help themselves and others, and have active student leaders who take on various roles throughout the school. These enthusiastic leaders are active during playtimes and lunchtimes when less structure can lead to fallings out and emotions running high. Children are trained up as Peer Mentors to act as play leaders, Sports Leaders to run sporting activities and competitions, School Councillors who run the quiet space on our bus and HeadStart Champions who run Chill & Chat sessions, supporting children who may be feeling worried, upset or lonely. We also have a range of other leaders who organise weekly token counting, games for children developing their English, reading and sustainable travel.

Partnership with parents is crucial, and at Curwen we work hard to develop positive relationships with parents and carers. Our PSHE overviews are shared each year, and if children are having a difficult time with anything in school or at home we work closely with parents to support them. We also have staff that deliver Fear-Less Parent training. This aims to provide parents with positive strategies for supporting children experiencing anxiety.

In order to support our children, we recognise the importance of having well-trained staff. We are fortunate to have an Assistant Headteacher who is trainer in Mental Health First Aid, and we have in excess of 40 members of staff who have completed the training. This helps staff to develop techniques in listening to and supporting children experiencing difficulties. Curwen holds the Carnegie Centre of Excellence for Mental Health in Schools School Mental Health Award at Gold standard in recognition of our commitment to wellbeing. We do all we can to ensure every child can SHINE.

