

Uplands received the Carnegie Mental Health award for schools in June 2019 at Bronze level. We are actively working towards silver accreditation

The Headteacher is the Mental Well-being lead for school and in addition there is a Lead Governor and a Governor sub-committee dedicated to "Pupil and Personnel Well-being"

We employ an Art therapist for half a day per week who can take individual referrals for pupils who may need 1:1 support around their mental well-being.

We work with a coach from Relax Kids who has provided lessons for Year 3 pupils as well as facilitated an extra-curricular club.

School seeks to make links between positive mental health and subjects such as Sport and Music. We were visited by the singer Beverley Knight as a celebration of this connection and both our Music and PE coordinators reinforce the positive impact that their subjects



## Mental Well Being at Uplands

### What does it look like?



The well-being of everyone in our school community is of paramount importance to us at Uplands. There is no stigma or taboo associated with talking about Mental Health and there is a whole school ethos of being proud to be unique and individual that fits with our motto of "Respect for All"

The Art of Being Brilliant is an approach that we follow at Uplands to help children develop their emotional intelligence. It aims to raise the level of happiness, confidence and resilience of every child; embedding positivity and a sense of personal responsibility into school and home life. We have a Being Brilliant Committee to promote the principles across school

The well being of staff is part of our culture with regular opportunities given for listening to their voice. School is currently working towards Well-Being in the workplace award accreditation

Positive mental health is included as a regular in our Assembly cycle. In addition National campaigns such as "Children's Mental Health week" are recognised and celebrated

Mental health and well-being are taught as part of our PSHE curriculum delivered via the Jigsaw resource package. This is supplemented by resources from That Well Being guy and Thumbs up Education

We have recently started to work with Thumbs Up education to support with resources/video support following the Covid-19 outbreak and the return to school