



'Love one another as Jesus loved us' (John 13 v 34-35)

## Emotional Health and Wellbeing

At St Mary's CE Primary School, we believe that good social, emotional and mental wellbeing can create the foundations for healthy behaviours and educational attainment. This is embedded in all aspects of our wide, varied and inclusive curriculum, as outlined in our Emotional Health and Mental Wellbeing Policy. We use Oldham's whole school approach, 'Supporting Young Minds Through Tough Times' to review and plan our practice and work closely with families, outside agencies and the children themselves to promote effective emotional health and mental wellbeing awareness, guidance, support and or intervention.

### **Key People in School**

**Mental Health Strategic Lead:** Mrs Hardman (Deputy Headteacher).

**Mental Health First-Aider:** Mrs Riley

**Lead Governor:** Mrs Smith and Mr Mayhew.

Please refer to the tabs within this section for further emotional health and well-being support and advice. Alternatively, if you have any concerns that you would like to discuss with school, then please do not hesitate to contact Mrs Hardman via the school office.

### Early Help



Anyone can use this form to make a referral to Oldham's Multi-Agency Safeguarding Hub (MASH team) when there are individuals or families needing support or when there are children or young people needing support for mental health issues.

### TOGMIND



MIND are a charity that support children and families in our area. They hold a drop in session on Thursday evenings 4PM-7PM from their office at Positive Steps, 80 Union Street, Oldham OL1 1DJ. This is the main access point to their service, and all young people will be asked to attend a drop in before any further services will be offered. There are time slots available to reserve for drop ins. You do not need an appointment to take your child, should you have any concerns about their emotional health and mental wellbeing. You can call them on 0161 330 9223.

### Oldham Council Wellbeing Page



Please take a look on Oldham's Emotional Health and Wellbeing page.

