



Engayne Primary School

Wellbeing Information Report

WHY IS ENGAYNE FOCUSING ON WELLBEING?

We want all members of the Engayne community to be happy and feel comfortable to express themselves.

A positive sense of wellbeing can allow you to overcome hurdles and achieve what you want out of life.



WHAT IS WELLBEING?

- Well-being is about how we are doing and how we feel about our lives.
 - Being comfortable as yourself.
 - Being healthy and happy.
 - Expressing feelings openly.



WHAT IS THE WELLBEING AWARD?

- ❖ Engayne have achieved the wellbeing award.
- ❖ This award has helped the school make long-term changes so that wellbeing and mental health is a top priority.
- ❖ It is to help all members of the Engayne community (staff and pupils).



THE STAFF



Mrs Sankey is the Head teacher and oversees the progress and wellbeing of all the children.



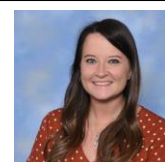
Mrs Birchall is the Designated Mental Health Lead. She oversees all of the wellbeing provision by liaising with teachers, teacher assistants, parents and outside agencies; providing training and monitoring intervention and referring to outside agencies.

The Wellbeing Team

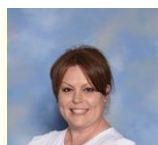
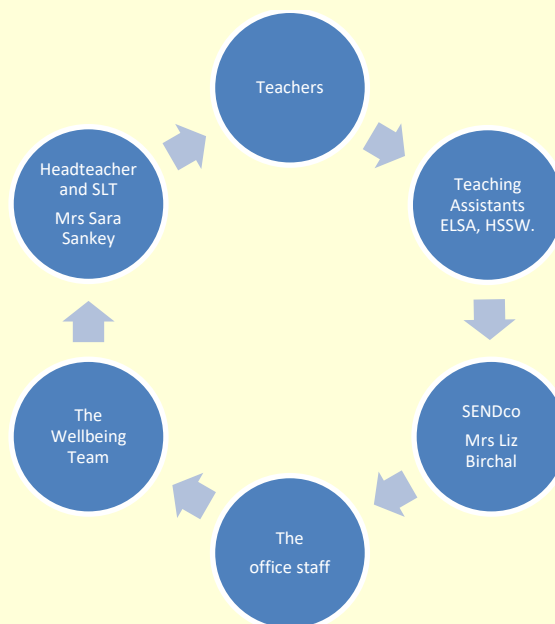
Mrs Grassick



Ms Monaghan



The class teacher is the person who spends the most time with the individual students and will have the biggest influence on them. They will usually be your first port of call for any concerns you have. Photographs of all the teachers can be found on the school website



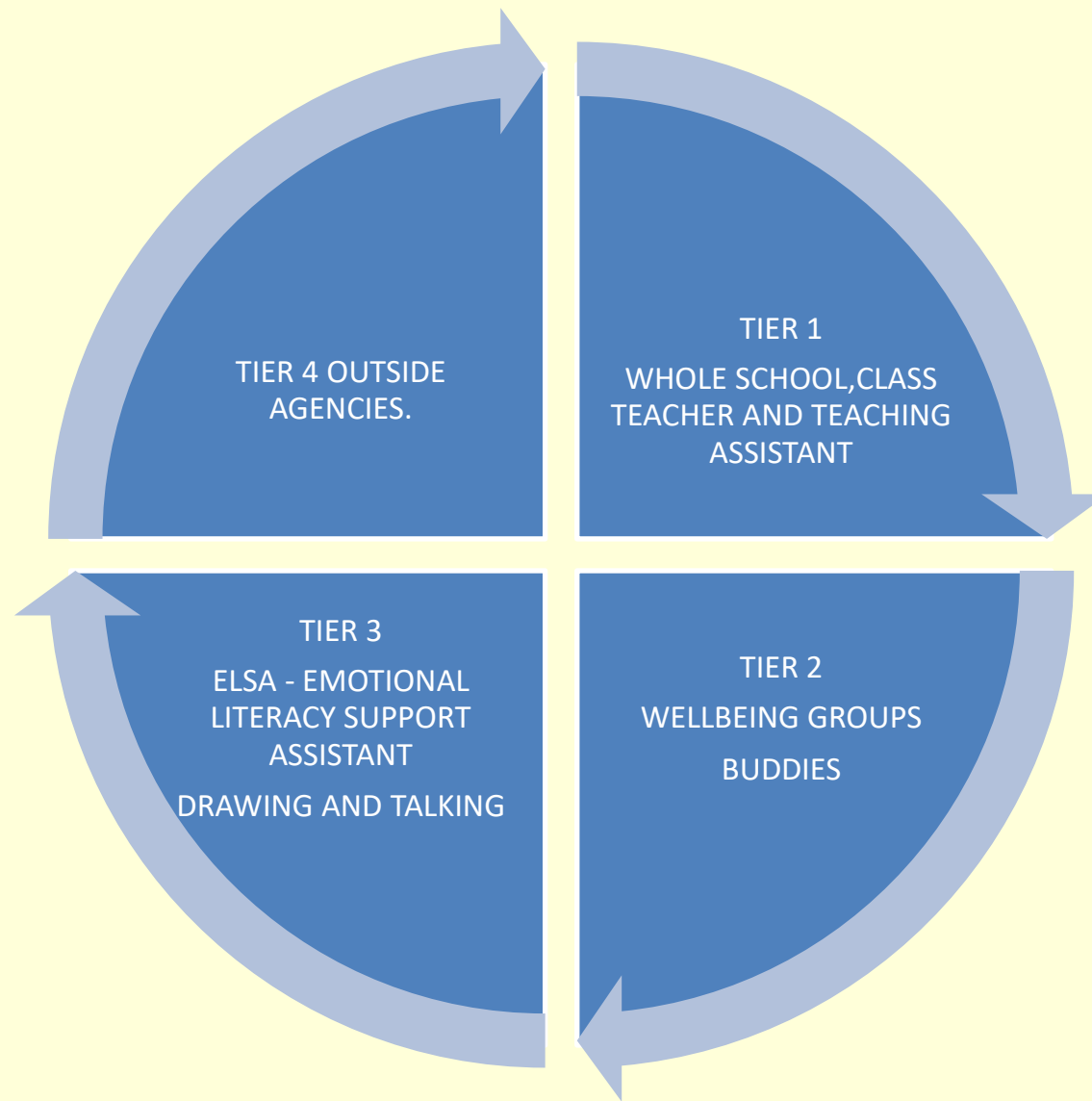
Mrs Moore is the Inclusion admin support.

We have currently have 21 Teaching assistants working at Engayne. They run well-being interventions and support children in the classroom. Our Emotional Literacy Support Assistants is Mrs Nicholls. Our Home School Support worker is Mrs Smith. Mrs Smith and Miss Lennard are trained Drawing and Talking practitioners.



WHAT'S IN PLACE ALREADY?

- ❖ We already have lots of things in place to support the well-being of pupils at our school.
 - ❖ TIER ONE is the whole school approach that encompasses every child.
 - ❖ TIER TWO is extra provision for pupils who are facing challenges and may need some extra support through group work.
 - ❖ TIER THREE – is 1-1 provision
 - ❖ TIER FOUR is when we need extra support from outside agencies.
- Please read on to see what happens at each stage.



TIER ONE - WHOLE SCHOOL

- ❖ Every child in the school experiences TIER ONE .
- ❖ It starts in the classroom with the relationships the children build up with their peers, class teachers, teaching assistants and phase leaders.
- ❖ During PSHE lessons they learn about healthy relationships and maintaining good mental health.
- ❖ Each week the children attend an IIP (Investor in Pupils) assembly.
- ❖ We promote a growth mind-set using metacognition strategies
 - ❖ OPAL
 - ❖ Worry Boxes in each classroom
 - ❖ Restorative conversations to resolve conflicts.
 - ❖ Social Action Projects

TIER TWO - INTERVENTION

- ❖ Well-being groups are in place in every year group to support children who are facing a challenge and need some additional work to help to raise their self esteem.
- ❖ The groups of 4-6 children meet weekly to do fun activities with a teaching assistant for approximately 30 minutes.



TIER THREE - 1-1 INTERVENTION

❖ We have one trained Emotional Literacy Support Assistants at school.

What is emotional literacy?

- Understanding and coping with feelings about ourselves and others
- Developing high esteem and positive interactions with others.
- Being emotionally literate helps children focus on their learning.

Some of the areas the ELSA may work on:

- Recognising emotions
- Self-esteem
- Social skills
- Friendship skills
- Anger management
- Loss and bereavement.

How does ELSA work?

- A regular slot during the week for about 30 minutes
- Sessions will be 1-1 for approximately 6 weeks.
- Sessions are fun and might include role-play, puppets, board games, art and craft and stories.
- They include time to talk.

I'm not stressing or getting as angry as before
(Y6 student)

He is a different little boy to what he was in October last year. He just needed that little bit of extra confidence at school and the ELSA intervention has been successful with that'

(Parent YI)

Coming here is really calming and I've learnt to be calmer outside too
(Y4 student)

Mrs Smith and Miss Lennard are both trained in Drawing and Talking. Drawing and Talking allows individuals to discover and communicate emotions through a non-directed technique and work to find a resolution.

TIER FOUR - OUTSIDE AGENCIES

- ❖ There is a range of support from outside agencies that we can use for the pupils at school.
- ❖ If a family or child need referring on to an agency, Mrs Birchall or a member of the Senior Leadership Team will liaise with the parent or carer to complete the referral form.

TIER FOUR - OUTSIDE AGENCIES - PARENT HELPLINES

Parent Surgery

Providing specialist parenting support and guidance

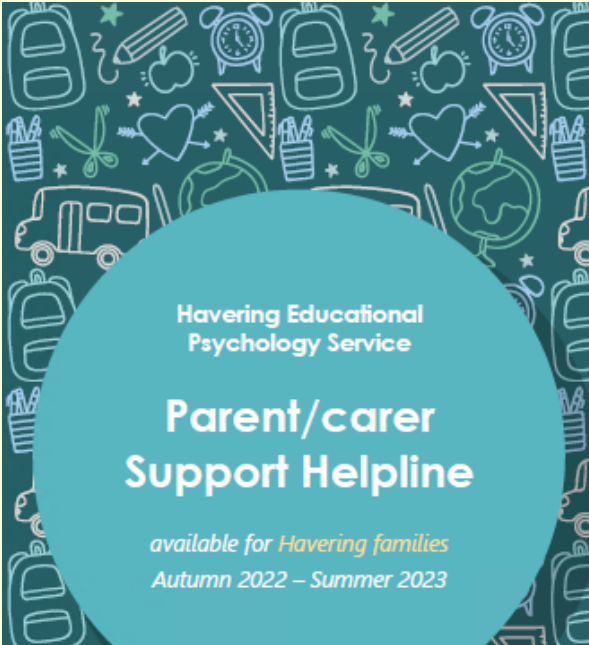


Want a few hints and tips around parenting?

If you are a parent or carer, living in the London Borough of Havering, you are eligible to access **free** one-to-one consultations with an accredited parenting practitioner offering support and guidance around child behaviour.

Contact us to arrange an appointment or find out more
 t 01708 432 636
 e parenting@haverling.gov.uk





Havering Educational Psychology Service

Parent/carer Support Helpline

available for *Havering families*
 Autumn 2022 – Summer 2023

Who are you, and what do you do?

Educational Psychologists (EPs) are professionals who apply psychology (the study of thinking, learning and behaviour) to support the learning, development and wellbeing of children and young people. We work collaboratively with education settings (including pre-schools, schools and colleges) and families to support children and young people aged 0-25.

How does this helpline work?

The helpline is available to all Havering families every other Thursday morning during term time. Calls can last up to 40 minutes. During the session, the EP will ask how you would like to use your time, listen to your concerns and discuss ideas with you to help you consider what to do next.

All discussions are confidential – you can share as much or as little as you like, none of which will be recorded or shared with anybody beyond the meeting unless we feel worried about your / your child's safety. We will offer whatever support we can, and if we feel the discussion or issue goes beyond what the helpline can provide, we will try to signpost you to relevant colleagues or services.

Please note that this is a one-off consultation service that does not result in follow-up work. Your child does not need to be present during the call. It is not a referral route into our work within your child's educational settings, and the EP will not undertake any assessments.

What can I talk to the EP about?

Topics or areas that you may wish to discuss could include:

- Supporting your child to maintain positive mental well-being.
- Supporting your child's engagement with learning.
- Concerns about friendships, emotional needs, daily structure and routines.
- Managing behaviours that are challenging.
- Ongoing concerns regarding your child's development.

You may wish to first discuss your concerns with key staff members such as the Special Educational Needs Coordinator (SENCo) in your child's school or educational settings, but this is not a pre-condition for accessing the helpline.

If you are seeking advice regarding an Education Health Care (EHC) Needs Assessment, please refer to the guidance on the Havering Local Offer website, or alternatively you may want to contact the Havering SENDIASS to seek further information, advice and support with thinking through your options.

How can I book a session?

Sessions need to be booked in advance, and time slots will be allocated on a first-come-first-served basis. Please fill in the booking form on bit.ly/ep-helpline-booking (or scan the QR code on the right) if you wish to request a session.



TIER FOUR - OUTSIDE AGENCIES - CAMHS DROP IN

NELFT NHS
NHS Foundation Trust

Parents Virtual Drop-in Sessions

Trevor Watson is your
RMN – PMHT Clinician

Maisie Bellett is your
STAR Worker







Due To Covid-19 we are currently offering virtual drop-ins session for parents/carers these are for signposting and information regarding emotional health and wellbeing.

You can talk to us about lots of things regarding your child including:
Worries/ Anger / Emotions/ Sleep/ Bullying/ Coping skills

TIER FOUR - OUTSIDE AGENCIES - EARLY HELP SERVICE

Early Help Universal Plus Service

A multi-agency support network, offering tailored support to you and your family in a holistic and preventative way

What can we support you with?

- Debt advice
- Adult mental health
- Child mental health
- Housing advice
- Education
- Health
- Parenting support
- Clear and concise signposting
- Access to universal services
- Employment and training advice



TIER FOUR - OUTSIDE AGENCIES - SCHOOL NURSE

Who are the school nursing team?

Children and young people in schools have access to a school nurse who offers a confidential service. The school nursing team is made up of:

- specialist community public health nurses
- registered nurses
- school health support practitioners
- nursery nurses
- administrators

What do school nurses do?

The school nurse team provide support and advice on health issues for children from school entry age until 19 in all educational establishments.

Service description

The aim of school nursing is to promote public health to children, young people and their families, to support schools, colleges and pupil referral units in order to identify and respond to the health needs of their population. They also work with partners and stakeholders to achieve the best outcome for all children and young people in Havering.

The school nurse team do this by:

- providing training sessions for school staff to manage medical conditions in school
- facilitating healthcare planning for children with medical needs
- referring to other agencies as and when required
- providing a service which enables children, young people and parents or carers to manage enuresis (bed wetting)

In primary schools we:

- provide health reviews including screening of pupils on school entry, this includes height and weight, vision and hearing screening
- screen children in year 6 for height and weight as part of the national child measurement programme
- provide support and advice to children and young people in regard to weight management
- provide drop-in sessions for parents to discuss any health concerns about their child such as healthy lifestyle, visual and oral health, sleep, behaviour, illnesses, and toileting

How do I contact the school nursing team?

You can access these services Monday - Friday 9am - 5pm via our Single Point of Access (SPA) on 0300 300 1635 or by email at havering0-19SPA@nelft.nhs.uk

TIER FOUR - OUTSIDE AGENCIES - COUNSELLING

Although we do not have a school counsellor, we are sometimes able to access funded counselling sessions. If these are not available, we can signpost parents to counselling agencies.



You and Me Counselling
Together we can find solutions

✉ info@youandmecounselling.org.uk
☎ 01708 477663 / 07449 467223



HBBS
COUNSELLING

Email: enquiries@hbbscounselling.org

Phone: (Clinical Line) 01277 283199

Relate

Young People's Counselling

📍 Bridge House
12a Bridge Close
Romford
RM7 0AU
United Kingdom

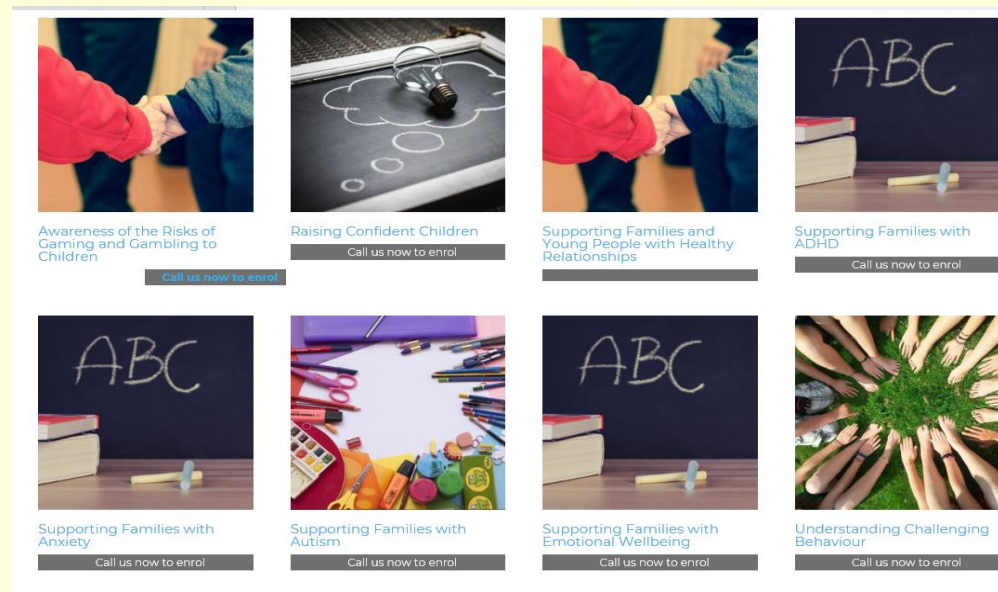
☎ **01708 441722**

✉ enquiries@relatelinee.org.uk

TIER FOUR - OUTSIDE AGENCIES - FAMILY LEARNING COURSES

Havering Adult College offer family learning courses. Family Learning courses are funded by the Education and Skills Funding Agency.

<https://haveringadultcollege.co.uk/family-learning/>



TIER FOUR - OUTSIDE AGENCIES - PAEDIATRICIAN OR CAMHS (CHILD AND ADOLESCENT MENTAL HEALTH SERVICE.)

Havering CAMHS

Havering CAMHS (Child and Adolescent Mental Health Services) offers help to children and young people who are experiencing emotional, behavioural or mental health difficulties. The services are available to families with children & young people from birth to their 18th birthday.

We are a multi-disciplinary team based in a local clinic and offer support in a variety of areas such as assessment of development problems, autism, hyperactivity, depression, and early onset psychosis.

During a child or young person's development, there may be periods when they or their family's ability to cope with difficult emotions or behaviour can put extreme pressures on relationships. We want to work with children and young people as early on as possible during these difficulties in order to turn the situation around.

Here is a link to Havering CAMHS resources for ages 5-11: <https://www.nelft.nhs.uk/havering-resources-camhs-age-5-11>.

WHO SHOULD I CONTACT IF I HAVE A CONCERN?

Please feel free to contact any member of staff that you feel comfortable talking too. Your child's class teacher is normally your first contact but you can also speak to the phase leader (Assistant Heads), Designated Mental Health Lead (Inclusion Manager) or the Head Teacher. Please email contact@engayne.co.uk and mark it for the attention of the member of staff so they can phone you to get more information.

Phase Leaders:

Key Stage 1.

Years 3 and 4

Years 5 and 6

Mrs Wyman

Mrs Mackintosh

Mr Manifold

HELP FOR PARENTS /CARERS.

Family Mediation Services

Contact

T: 0300 4000 636

W: www.nfm.org.uk

NSPCC (Letting The Future In)

Therapeutic Support for Sexual Abuse age 4-17

Contact

T: 08088 005 [000](tel:08088005000)

E: help@nspcc.org.uk

RETHINK

Mental Health Support

Contact

W: www.rethink.org

Having Psychological Services

Adult Psychological Support

Contact

T: 0300 555 1082

Our Pact

Parental Control for Social Media, Devices, Internet and Texting Access

Contact

W: <http://ourpact.com/>

ChildLine

- Emotional Support
- Safeguarding
- Reporting
- Parental Support
- Family Support

Contact

W: www.childline.org.uk

Taking care of your young family

Having Children's Centres

(More Than One site)

- Parental Support for 0-5 years
- Groups for parents and children
 - Activities
 - Social Events
- Contact
- Ingrebourne Children's Centre:
01708434786
- St. Kilda Children's Centre: 01708431523

Feeling anxious or depressed

Having Psychological Services

Adult Psychological Support

Contact

T: 0300 555 1082

IAPT (Improving Access To Psychological therapies)

Contact

T: 0300 555 1042

Having.iapt@nhs.net

Samaritans

- Emotional Support
- Emergency helpline
- Suicide prevention

116 123

www.samaritans.org

Problems at home or with my family

Family MOSAIC (Peabody)

- Family Support
 - Advocacy
 - Advice
- Housing Support

01708776770

www.familymosaic.co.uk

Family therapy

mediation@relateen.org.uk

Struggling with Eating

EDS: The eating disorder service

Our eating disorder service (EDS) offers specialist assessment and treatment to people aged eight and above (adults, adolescents and children). The service works with individuals and their families to support them in their recovery.

Services provided by the eating disorders service include:

- psychological treatments delivered on an individual basis, to families and in groups;
- dietetic input and nutritional support;
- medical and nursing assessment and intervention

Contact

CAMHS consultant: Dr Salma Suri

Adult EDS consultants: Dr Maria Papanastassiou, Dr Teresa Borrell

Lead person for queries: Rory Harnett - team manager

Email: nem-tr.eatingdisorder@nhs.net

The Orchards Health Centre,
Gascoigne Road,
Barking,
Essex,
IG11 7RS

Tel: 0300 555 1216

Fax: 0300 300 1940

Email: nem-tr.eatingdisorder@nhs.net

(Please ensure patient identifiable information is password protected)

Satellite site

(if you are unable to get to Barking)

30 Coleridge Rd
Walthamstow
London
E17 6QU

BEAT charity

www.beateatingdisorders.org.uk

SNAP

ADHD Support

Contact

T: 01277 211300

W: www.snapcharity.org

Add+Up

ADHD Support

Contact

T: 01708 454 040

W: www.addup.co.uk

Tourette's Action

Support for Tourette's

Contact

T: 0300 777 8427

www.tourettes-action.org.uk

Positive Parents

Contact

T: 07858406933

W: www.positiveparentshavering.org.uk

First Step Counselling

Group of parents /carers who all have a child or young person aged (0-19)

Contact

T: 01708 556 355

W: www.firststep.org.uk/

Living with ADHD

Website with resources for teenagers, teachers and parents.

Contact

W: <http://livingwithadhd.co.uk/>

A guide to ADHD for Parents and Family

Contact

W: www.adhdandyou.ca/parents.html

Other

Myplace (Harold Hill)

Youth and community Centre for education, health, cultural and social activities.

Contact

T: 01708 376004

E: myplace@haverling.gov.uk

R.O.Y.A.Ls (Rainham)

Youth Club

Opening times: Tuesday 6.30pm to 8.30pm
ages 11 to 18years.

Contact

T: 01708 450 609

Youth Services at the Good Shepard Church

Mental Health friendly church

Christian Counselling

Wellbeing Groups and Workshops

Contact

T: 01708 745626

E: admin@thegoodshepherd.co.uk

Robert Beard Youth Centre (Hornchurch)

Youth Club

Opening time: Wednesday 7pm to 9pm - 11-18 years. Additional needs youth club. Thursday 7pm to 9pm 17 to 24years

Contact

01708 450 609

Swim and Gym (Hornchurch)

Health and wellbeing project for young people with additional needs.

Hornchurch Sports Centre 12-24 years.

Opening times: 11am to 1pm

Contact

T: 01708 450 609

Performance Art Life Skills

Performance and Art Workshops to enhance wellbeing, improve self-confidence and communication.

Contact

T: 0800 086 2656

E: enquiries@performanceartlifeskills.co.uk

Brentwood Catholic Children's Society

Emotional Support, Bereavement Support and Counselling

Contact

T: 01268784544

Asylum Aid

Free advice and assistance to refugees and asylum seekers.

Contact

W: <https://www.asylumaid.org.uk/>

Refugee Council

Advice and support for asylum seekers and refugees

Contact

www.refugeecouncil.org.uk/

UKCOSA (Council for International Education)

Provides independent advice for students from overseas on issues such as immigration, fees and welfare benefits.

Contact

W: www.ukcisa.org.uk/

Support for travellers and Show People

Traveller Education Outreach Officer: Valerie Smith

Contact

E: val.smith@haverling.gov.uk

T: 01708 433 813

W: www.natt.org.uk/organisation/haverling-traveller-education-service/

Relationships, drugs, alcohol, eating healthy and much more

NHS Go is a confidential health advice and information service for young people. Available for free on iOS and Android, NHS Go provides you with:

- Free, confidential advice.
- Instant access to find local services.
- Quizzes and guides around key health issues.
- Notification on topics and events relevant to you.
- Information about your rights under the NHS.

Visit <https://nhs.uk/> to find out more

