

Mental Health and Wellbeing at St. Peter's CEP School Newsletter 2 – Questionnaire feedback



Thank you from Mrs Jenner!

Thank you so much to all of you who completed the parent Mental Health and Wellbeing Questionnaire; I was delighted to receive 63 questionnaires. Your feedback has given me an excellent insight into your views on mental health and wellbeing; what we are already doing well and how to improve it even more.

We now have a Mental Health and Wellbeing steering group. I work with Matt Atkinson (Parent Governor), Amanda Charlwood (TA and Drawing and Talking Practitioner), Louise Muir-Goldberg (TA), Jenny James (Teacher) and Rosanna Gilderthorp (Parent) to review mental health and wellbeing at St. Peter's. We have already met once to look at the parent, staff, and pupil questionnaires. Please do come and chat to me about mental health and wellbeing if you have any feedback or ideas.

Questionnaire feedback:

	Yes	No
1. Do you think about your child's mental health?	100%	0%
2. Are you aware of who to go to in school if you are concerned about your child's mental health?	82%	18%
3. Are you aware of 1:1 support in school to support your child's mental health if necessary?	53%	47%
4. Are you aware of whole school initiatives to support your child's mental health?	68%	32%
5. Have you been able to attend any of the parent talks linked to mental health (e.g. anxiety, zones of regulation)?	45%	55%
6. If you have been able to attend one of the talks, have they been useful?	100%	0%
7. Are you aware of external services that you could contact to support your child's mental health?	55%	45%

Thank you for also giving information about:

- What additional knowledge you would like about your child's mental health and how to support them. Some parents wanted more information on who to talk to in school, what 1:1 support is available and what whole-school initiatives are in place at the moment. Please see the following page for this information.
- What your biggest concern regarding your child's mental health is and what parent talks/support groups you would be interested in attending in school.
- I am using this information to plan more parent talks/groups. More information to follow!

Mental Health and Wellbeing at St.Peters

2. Are you aware of who to go to in school if you are concerned about your child's mental health?

- Your child's teacher is available at the end of the day (and the beginning of the day in Reception and KS1). Please do talk to them in the first instance about any concerns you have about your child's wellbeing.
- There is also a member of the SLT on the gate at the beginning and the end of the day. Mrs Jenner, Mental Health Lead, is there on a Wednesday. Please come and speak to us about any concerns you have.
- If you have an urgent concern, please always let us know straight away.
- Please do talk to us about your concerns about your child's mental health and wellbeing, however small it might seem. It helps us to be able to understand and support your child in school.

3. Are you aware of 1:1 support in school to support your child's mental health if necessary?

Mrs Charlwood, Drawing and Talking



Heather Kemp, Play Therapy



Amanda Morris, Counselling



Please go to <https://www.st-peters.kent.sch.uk/our-school/mental-health-and-wellbeing> to find out more.

4. Are you aware of whole school initiatives to support your child's mental health?

- Talking to adults about concerns is encouraged throughout the school. Classes have either a 'Worry box' or 'Time to talk cards', which children can use to indicate to an adult they would like to talk to someone.
- Since September, the children have been learning about the Zones of Regulation. This is a framework to teach children, and adults, awareness of their feelings, internal state and energy levels, whilst exploring strategies for self-care and self-regulation. Developing this ability to become in tune with oneself is critical to our mental health.
- At the end of term 3, we held our first 'Mindfulness afternoon'. The children were able to experience 2 activities, such as origami, judo, weaving, colouring, and drumming and discover what sort of activity helps them to relax. We are repeating this again at the end of term 4.

Next steps...Following our review of all the feedback from parents, staff and children, we will be:

- Organise more parent talks on themes highlighted in the questionnaires, including supporting parents to know what external support is available.
- Continue the work on the Zones of Regulation, including introducing thinking skills strategies to support self-regulation and training Zones of Regulation Champions.
- Focus on supporting/empowering children to resolve their friendship issues in KS2.