

Head Teacher:

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**The Cathedral School of St Peter and St John RC Primary**

'Growing together within God's loving family, we support, challenge and inspire each other to become the best that we can be'

Dear Parents

Now more than ever the emotional health and wellbeing of your children, and all in our school community is paramount to us, but this has always been at the forefront of all we do here at The Cathedral School of St Peter and St John.

We recognise that children's physical and emotional health and wellbeing is fundamental and also believe that for children to thrive within our community, their spiritual, moral, social and cultural development must be fostered and supported. We aim to ensure that all children are happy, healthy and have the skills and mind set to cope with life's hurdles We promote and teach our school drivers of resilience, curiosity and aspirations in order to help our children to develop positive self perceptions and appropriate coping mechanisms in a seamless and continuous method of delivery.

We have a whole school approach to promoting positive emotional health and this way we can ensure that wellbeing is central to everything we do.

As adults, we ensure that we develop our understanding of emotions, self-control, positive relationships and keeping our mind and body healthy, in order to support our wellbeing and therefore we can have the best impact upon the pupils we support. We recognise however, that mental health and wellbeing of both pupils, parents and staff can change from day to day and that there are times in everybody's life when a little extra help or support may be needed. Therefore, we have invested heavily in a supportive and nurturing system with the aim to enable all individuals to flourish whilst here at The Cathedral School.

To support everyone's emotional well-being we have implemented successful intervention initiatives such as playground buddies, friendship groups and specific support strategies as needed.

Our after school clubs (although reduced at the moment) include Spanish, sport, choir, booster and soon to have arts and crafts are a great way to promote positive wellbeing amongst our children and many of the opportunities provided throughout the school day offer a chance to express emotions and



Support the building of relationships.

Our Pastoral Care HLTA, Mrs Bolton is trained in play therapy and counselling skills to level 3 and works not only with children but also parents offering support and signposting to other agencies when appropriate.

Mrs Bolton is responsible for leading embedding a HappyMinds PSHE curriculum across the school, working with each class on a weekly basis, this includes a focus on positive friendships, equality, diversity, resilience, and relaxation.

Mrs Bolton is joined by Mrs Campbell and Mrs Culkin as Emotionally Friendly Champions. They are available for all children and staff to approach for support at any time.

Mrs Hanley has an open door policy and is always available to support the wellbeing of all in our school community, she is available at the school gates most mornings and evenings and can be contacted via the school email or telephone.

As a school we also seek advice and support from CAHMS (Child and Adolescent Mental Health Service), School Nurse, Speech and Language Therapists, Paediatricians, the Primary Inclusion Team, the Educational Psychology Service and also Salford's Learning Support Service. This helps to ensure that each individual receives the most rounded care possible.

In order to both celebrate and improve the work we do in school to support emotional health and wellbeing we are currently in the process of applying to achieve an **Emotionally Friendly School Status**.

There are four key focus areas:

1. Staff wellbeing and School Ethos
2. Classroom Practice
3. Assessing Children's Needs
4. Supporting Individual Children



We are confident that you will support the school with this journey, as together we can support your children to develop the skills they need to become the best that they can be.

Yours Sincerely.

