



HOW WE FOCUS ON

WELLBEING IN THE CURRICULUM



JIGSAW

A comprehensive PSHE (Personal, Social and Health Education) programme for the whole school. Jigsaw has two aims for all children: to build their capacity for learning and to equip them for life. Jigsaw brings together PSHE Education, emotional literacy, mindfulness, social skills and spiritual development. A variety of teaching strategies are used and this is a whole school approach with all year groups working on the same theme at the same time. There is a weekly celebration that highlights a theme from the week's lesson and encourages children to reflect that learning in their behaviour and attitudes.



GIRLS ON BOARD

This is an approach which helps girls, their parents and their teachers to understand the complexities and dynamics of girl friendships. The language, methods and ideas empower girls to solve their own friendship problems and recognise that they are usually the only ones who can. By empowering girls to find their own solutions, parents need worry less, schools can focus more on the curriculum and the girls learn more effectively – because they are happier.

DECIDER SKILLS

The Decider Skills is a scheme which uses Cognitive Behavioural Therapy to teach children and young people skills to recognise their own thoughts, feelings and behaviours, allowing them to monitor and manage their own emotions and mental health. Skills are designed to enable participants to make effective changes to help manage distress, regulate emotion, increase mindfulness, promote effective communication and help to live a more balanced, less impulsive life. In school we focus on a new skill every 2 weeks. There are 12 skills altogether.

BOYS IN MIND

Boys in Mind works in partnership with children, young people and professionals in a range of settings to promote good mental health and prevent suicide, particularly among boys and young men. They believe that by understanding and addressing the barriers boys and young men face and challenging unhelpful notions of what it means to be a man they can begin to improve male mental health and ultimately reduce male suicide rates.



EXTERNAL AGENCY SUPPORT

We also have strong links with external agencies which are in place to help wherever required including:

- Kairos Arts – who provide a qualified art therapist offering one-to-one therapy for children with mental health needs.
- MIND Jersey – we refer children to their excellent WRAP and Decider Skills courses.
- School Nurse – Our school nurse can be contacted directly by the school on your behalf.
- CAMHS – the Child and Mental Health Service has recently launched an Early Intervention programme. We have monthly meetings with CAMHS practitioners to discuss common issues in school and identify any children who might benefit from their services.

