Thank you to all of those Parents and Carers who gave up a few minutes of their time to respond to our Mental Health Survey earlier in the year in which we asked for your views on mental health and wellbeing at Spring Gardens. We had 134 responses from parents and 220 children took part.

Your responses, and our actions, are detailed below…

*I would like you to help my child to deal with setbacks.*

We are on our journey to becoming a Thrive school. Staff have had training on how to support children who are struggling with certain aspects in their lives. We are learning how to support children to develop greater resilience when they experience setbacks. In the year ahead, we will have some staff who will be Certified Thrive Practitioners who can work with staff and children to develop strategies to help them with this.

During COVID 19, it has been more of a challenge to share your child’s progress. We held online Google Meets earlier in the year but we weren’t able to show you their books and work etc. We will be endeavoring to improve how we share information with you in terms of progress, attainment and what your child needs to do to improve. Links are shared to enable parents to access information about SEN Learning Plans.

*I would like to know more about what my child needs to do to improve.*

*I would like you to offer me more support.*

We are trying so hard to be better listeners, and we know from experience that communication is key! It is really important that you talk to us about any of your worries or concerns. We can then try to support you, give you advice or find a service that may be able to support you in a better way. Keep us in the loop, talk to your child’s class teacher, contact the office to make an appointment to talk to Mrs Royle. She is our Care, Support and Guidance Lead and works hard to support our children, staff and families.

You could ask to talk to Mrs Wankowicz who is our Deputy Head /SENCO. This is especially important if your worries are regarding concerns about special educational needs.

**Key Findings from pupil surveys**

We are in the process of completing The Happy Head Hub. This is a multi-functional space where we can have nurture groups, Thrive Sessions and plan to offer Lunch Time support sessions for children.

*I would like places to go in school to talk about how I feel.*

We have painted the Calm Room so that this is a tiny, calm and tranquil place where children can go if they need to de-escalate and self-regulate their emotions. Children work with Mrs Royle in her room where they can have a quiet and calming experience, to reflect, solve problems and have support for their mental health and wellbeing.

*I would like more quiet spaces where I can spend time.*

All staff have had their Thrive Training in which we learned about how we can listen effectively to you, even in a busy school.

We have a number of staff have completed their Mental Health First Aid Training and lots more staff have finished their Mental Health Champion Training.

We have regular PSHE times in class to listen to and reflect with our children. We have a School Council that enables our children to have a voice.

*I would like to feel listened to.*

As a school we are on our journey to become a Thrive school. All staff have had training in Thrive and we have some staff who are learning how to be a Thrive Practitioner.

We are getting better as helping you with strategies to self -regulate your emotions and to support you when you are feeling upset or angry. We remind you to use your 5 Finger Breathing technique and ty to encourage you to communicate how you feel.

We have the 5 scale chart in classrooms

We remind you to use your 5 Finger Breathing technique.

*I would like to know more about what to do when I feel cross and upset.*