



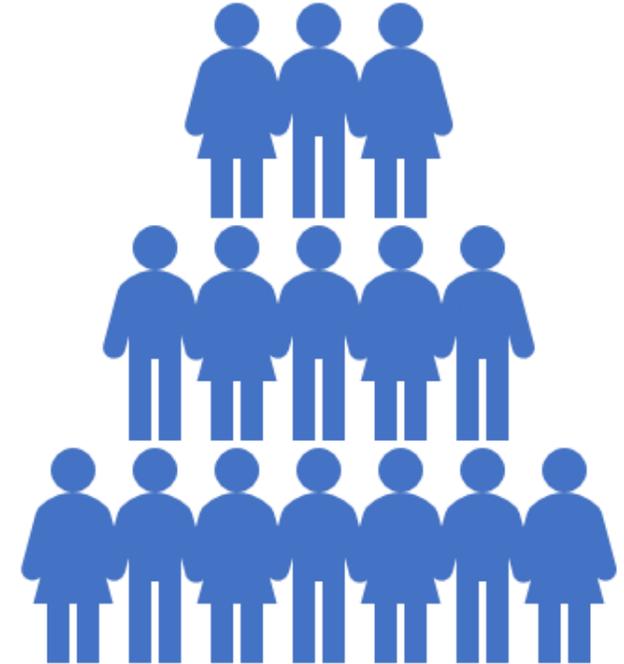
Bladon Primary School

MATT GREGOR

PE/MENTAL HEALTH AND
WELLBEING LEAD

The mental health challenges we face in schools

- ▶ All young people deserve the best start in life. But too often, young people with a mental health problem are not able to fulfil their potential. Mental ill-health costs individuals, and society, dearly. We know that adults with mental ill-health are likely to have already experienced mental health problems in their childhood or as an adolescent.
- ▶ Children and young people are facing more pressures than ever before, including exam pressure, social media and cyberbullying and pressure over body image.
- ▶ Schools play a crucial role in developing the skills young people need to cope and flourish in today's world. Schools are a constant in young peoples' lives, and are a safe, consistent place for vulnerable young people.
- ▶ As well as this, children with better health and wellbeing are likely to perform better academically.
- ▶ Nationwide there is a mental health crisis in classrooms. 3 children in every classroom have a diagnosable mental disorder and 90% of school leaders have reported an increase in the last 5 years in the number of students experiencing anxiety, stress, low mood or depression.



Why do I care about the relationship between mental health and sport in primary age children

“I absolutely believe in the essential link between physical activity, exercise and mental wellbeing”

At Bladon School, PE is massive and many children find PE to be their best subject and get excited about it, so it was a case of linking all of the hard work we had put in over the last nine years and combining it with teaching the children not only about the importance of their physical health, but also their mental health and wellbeing too.

Resilience, Team work, Social speaking, Goal setting, Winning, Failure,



Background: developing the model at Bladon Primary School



The key question is how can we support young people from suffering mental health problems in the first place? I have developed an evidence-based approach that seeks to equip young people within the education environment with the knowledge and skills to oversee their own wellbeing.



I believe the model I have developed at Bladon Primary School is leading the way in providing opportunities for children to understand the impact that mental health has on their wellbeing.



Over the past 2 years here at Bladon Primary School we have gone from strength to strength in regard to equipping not only the children in the school with the ability to learn about mental health and strategies to help them cope with everyday life skills and situations we also connect with our parents, community in the village and the staff. We believe **every person matters**, the more people we can help and guide the better the results will be the more we stop the stigma towards mental health.

Bladon Primary School Mental health Team



The vision is to support each child's holistic wellbeing by:



Supporting children and their families in implementing effective coping strategies We aim to achieve this through:



- Raising awareness of mental health and emotional wellbeing as an open and positive topic.



- Education for staff, families and the children through assemblies, workshops and effective links to Mental Health support groups and charities.



- Promoting positive emotional and physical development.



- Effective communication across the school community through class dojo, suggestion boxes and an allocated Mental Health support team.



- Recognising and addressing concerns as they arise.



- Introducing coping mechanisms through Mental Health events, assemblies and class activities, as well as 1-1/group support sessions.

Staff Training at Bladon by Oxfordshire Youth

Oxfordshire Youth delivered the unique training session 'An Introduction to Children's Mental Health' at Bladon Primary School in May 2018.

The training provides:

- * A framework for thinking about mental health
- * Information about child and adolescent development and mental health
- * Information about risk and resilient factors

Plus an increased understanding of:

- * Children and young people's mental health
- * How to help support resilience
- * How to signpost to local specialist services

Oxfordshire Youth Comments:

“We were very impressed with the Health and Wellbeing Team within Bladon Primary school who are able to support the children and their families, to gain a positive outlook on Mental Health. There are lots of great things going on at Bladon to develop positive mental health from the daily ‘Wake-up, Shake-up’, meditation and yoga and the cosy corner in the hall, where a child can go if they need some time to be by themselves. All fantastic examples of how a school can support the mental health their pupils.

Hayley Reynolds Oxfordshire Youth – Training Co-ordinator

Staff Training by CAHMS: Anxiety training

Staff here at Bladon Primary School had been discussing at staff meeting the growing influx of children coming to school with Anxiety and being able to deal with different situations throughout their life weather inside or outside of school.

Anxiety is often helped with a course of Cognitive Behavioural Therapy, also known as CBT. It's a talking therapy where you work with a therapist to help you understand your thoughts and feelings and work through ways to change the way they affect you. You'll also learn techniques to help you relax.

With this in mind I contacted CAHMS (Karen Spasic SPA Clinician – Senior mental health worker, schools in reach team and SPA) to enquire about some CBT training for Anxiety to help up skill the staff in school and help them to try and resolve the common problems in the class room around Anxiety.

Not over medicalising young people

- ▶ Using long arm approach to support me and young people
- ▶ Better to help them with support from CAMHS (SPA TEAM) in their normal environment, people they know, through normal activities.



ENERGETIC: Apple class pupils (Year 1 and Year 2) take part in a fitness class Picture: Richard Coxs

Mental health week teaches life lessons

Sophie Grubb 
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AWARENESS: School dedicates week of classes to promote a healthy mindset

skillset they have learned. "If they haven't learned to cope in different situations, when they get to secondary school problems become bigger." Children still had subject classes as usual, as well as the special activities, but lessons were adapted to deliver a message

ing theory that is said to teach resilience and reduce stress. Mr Gregor said the school has close links to the CAMHS (child and adolescent mental health services) in Oxfordshire and also values the importance of exercise, having been named runner-up in the 2017 Sporting Primary

A SCHOOL hosted a mental health week to help children cope with the conundrums of growing up. Bladon CE Primary School near Woodstock dedicated this



Sporting Primary School Award - Bladon Primary School Runner up



Any Questions
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