

What can I do to support my child?

- ✓ Make sure the class teacher is aware of your child's needs and your concerns via Parent Consultation Evenings, making an appointment with the teacher via the school office or email your child's teacher.

Improve your awareness

- ✓ Support your child by improving your awareness visiting our website.
- ✓ There are some useful leaflets and reading material below that can help with a range of common issues
- ✓ Use local services for support.

Mental health problems affect about 1 in 10 children and young people

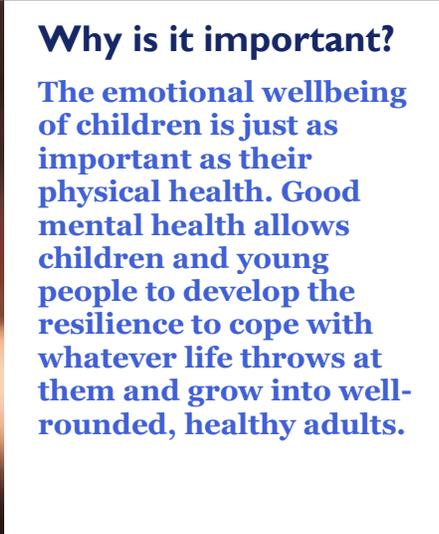
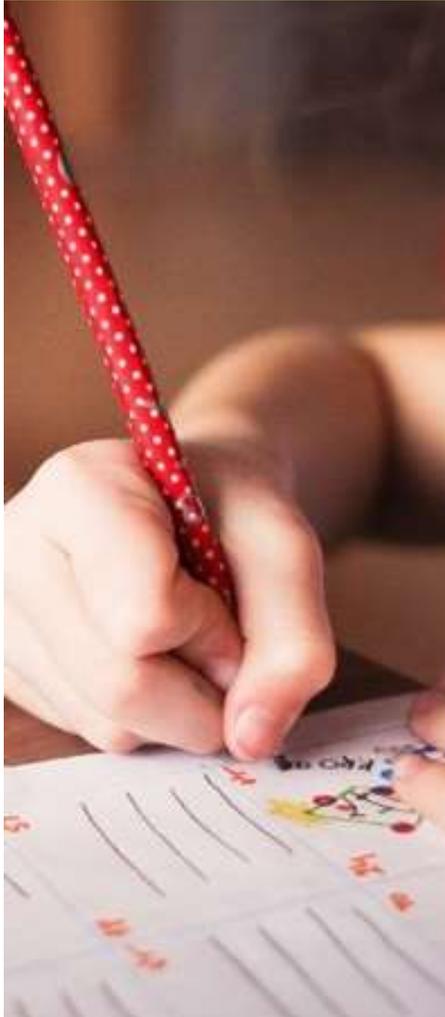


**Bassingbourn Community
Primary School**

**Mental Health & Wellbeing
of Children & Families**

Why is it important?

The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.



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Our school

At Bassingbourn Community Primary School, we understand the need for everyone in our school to lead healthy and happy lifestyles. We are committed to the mental, physical and emotional health and wellbeing of our children and staff and we know it helps them to do their best and build upon their achievements.

Healthy lifestyles

We actively promote physical and emotional health and equip our pupils with the understanding and skills they need to make informed decisions about their health, both now and in the future. As such, our pupils are eager enthusiasts for healthy living and wellbeing.

By championing healthy eating, healthy lifestyles and emotional and mental health and wellbeing, we want to continue to raise standards and improve levels of pupil achievement.

What is Wellbeing?

To help make sure everyone – children, young people, parents, and the services that support them – has a common understanding of what wellbeing means, we describe it in terms of eight indicators.



What do I do if I am worried about my child?

You can:
Go to your GP as a first port of call as they are a useful place to gain medical support and signposting of local services.
Talk to your child's class teacher or teaching assistant about your child's needs or your concerns.



They include depression, anxiety and conduct disorder, and are often a direct response to what is happening in their lives.



You can:

Talk to the Designated Mental Health and Wellbeing lead for the school.
Phone the main school office and ask for an appointment 01763242460 or email for an appointment.

