

Uplands received the Carnegie Mental Health award for schools in June 2019 at Bronze level and then the Silver award in September 2020

School seeks to make links between positive mental health and subjects such as Sport and Music. We were visited by the singer Beverley knight as a celebration of this connection and both our Music and PE coordinators reinforce the positive impact that their subjects can make on our mental health

The well being of staff is part of our culture with regular opportunities given for listening to their voice . School achieved the Well-Being in the workplace award in September 2020

The Headteacher is the Mental Well-being lead for school and in addition there is a Lead Governor and a Governor sub-committee dedicated to "Pupil and Personnel Well-being"

We employ an Art therapist for half a day per week who can take individual referrals for pupils who may need 1:1 support around their mental well-being. We also use Wton Believe 2 Achieve and the Mental Health Support team for pupil counselling

The Trick Box scheme is embedded across the school and we have a Trick Box team who promote the "tricks" and provide peer support



Mental Well Being at Uplands

What does it look like?



The well-being of everyone in our school community is of paramount importance to us at Uplands. There is no stigma or taboo associated with talking about Mental Health and there is a whole school ethos of being proud to be unique and individual that fits with our motto of "Respect for All"

Positive mental health is included as a regular in our Assembly cycle. In addition National campaigns such as "Children's Mental Health week" are recognised and celebrated

Mental health and well-being are taught as part of our PSHE curriculum delivered via the Jigsaw resource package. This is supplemented by other resources including our emotional regulation scheme called "Trick Box"

The Art of Being Brilliant is an approach that we follow at Uplands to help children develop their emotional intelligence. It aims to raise the level of happiness, confidence and resilience of every child; embedding positivity and a sense of personal responsibility into school and home life. We have a Being Brilliant Committee to promote the principles across school

We engage with One goal education who train all Year 4 pupils to be Mental Health ambassadors and learn strategies for supporting their own mental health

