



**Abbey Park
Primary School**

Belonging, Achieving, Thriving

Wellbeing at APPS



At Abbey Park Primary School we believe that good mental health and wellbeing is the basis for a happy and successful life at school and beyond. We strive to improve the wellbeing of our pupils and staff in everything we do, seeking to build resilience and to identify and support our pupils and families who face challenges.

Who supports the wellbeing of our pupils?

All staff do.

Who leads wellbeing across the Federation?

A team of staff: Rebecca Scully (Head teacher) , Sue Jennings (EYs), Sati Witts (SENDCO) , Clare Farrell (Inclusion lead) and Vicky Tyler (PSHE lead).

Where can parents / families get extra information?

Our website has a wealth of links to give families strategies and support

[Health & Wellbeing - https://www.abbeypark.worcs.sch.uk/parents/health-wellbeing/](https://www.abbeypark.worcs.sch.uk/parents/health-wellbeing/)

[Safeguarding - https://www.abbeypark.worcs.sch.uk/key-information/safeguarding/](https://www.abbeypark.worcs.sch.uk/key-information/safeguarding/)

[Virtual Family Hub | Worcestershire County Council - https://www.worcestershire.gov.uk/council-services/childrens-social-care/virtual-family-hub](https://www.worcestershire.gov.uk/council-services/childrens-social-care/virtual-family-hub)

What do we do to support the wellbeing of our community?

- Zones of regulation - a programme used to support pupils, staff and parents in recognising and managing their emotions
- Being a trauma informed school
- PSHE (personal, social and health education) lessons - ensuring these address wellbeing and good mental health for all pupils
- Specialist intervention such as bereavement support, play therapy, Lego therapy, WEST support.
- Parenting courses signposted
- Malachi-therapeutic family support
- Signposting parents to extra support such as targeted family support, support with financial difficulties
- Wellbeing activities for staff, including signposting to help if needed
- Links with local well-being initiatives such as the Wellbeing Hub in Pershore.
- Most importantly being an approachable staff group who are prepared to listen and help