

Mental Health Support

Why Hollywater School Supports Mental Health

- Children spend a large part of their day at school, so staff are often the first to notice when a child is struggling.
- Good mental health helps children learn, build friendships, and cope with challenges.
- Early support at school can prevent small worries from becoming bigger problems.

Types of Support Is Provided at Hollywater School

◇ Pastoral Care

- Teachers and staff trained to listen, notice changes, and offer support.
- Assemblies or PSHE lessons on resilience, managing emotions, healthy relationships, and stress.
- Zones of Regulation toolkits.

◇ Wellbeing Support

- Accessing sessions with mental health and well-being TA providing pupils with a safe, confidential space to talk about feelings or challenges.
- Access to Emotional Literacy Support Assistant (ELSA) sessions.

◇ School Nurses and Mental Health Leads

- At Hollywater the Headteacher is the Mental Health Lead and we have various Mental Health First Aiders across school.
- Both the Mental Health leads and the nursing team are able to connect families to local mental health services if more help is needed.
- Support with referrals to CAMHS where appropriate.

◇ Peer Support

- Pupils are encouraged to help and support each other. This helps children feel less alone and more supported by their peers.

How You As Parents Can Support at Home

- Keep communication open: encourage your child to talk about feelings.
- Establish routines: regular sleep, healthy meals, and screen-time limits help stability.
- Model coping strategies: show your child how you manage stress.
- Stay in touch with the school: share relevant updates so teachers can support your child in class.

Remember: Schools are partners in your child's wellbeing. Reaching out early helps children get the right support at the right time.