



Morriston Primary School

Mental health and Well-being toolkit

Updated Jan 2022



Promoting Mental Health and Wellbeing

At Morriston Primary School we are committed to embedding a culture which values the happiness and emotional welfare of all pupils. The Welsh Government and Estyn recognise that promoting good mental health is the responsibility of all members of a school community including staff, governors, parents, pupils and any relevant external agencies.

As a school we strive to create a culture in which mental health can thrive by promoting wellbeing as a part of day-to-day school life, providing opportunities to model, teach and discuss feelings and emotions.

Our school aims to help children grow and develop emotionally within a family atmosphere, thus ensuring children care about each other. We believe that to support future wellbeing it is crucial that children are equipped with the language to recognise and talk about emotions alongside strategies to support their own mental health. We use the language of 'Growth Mindset' across the school where resilience and perseverance is celebrated, with pupils understanding about how learning creates new pathways in the brain.

Some of the other ways our school promotes wellbeing include a strong healthy schools' team and our broad and enriched curriculum.

We strive to provide a range of after school clubs where pupils can pursue particular interests or hobbies.

As a school we pride ourselves on being highly inclusive and nurture positive relationships with pupils to allow them to feel safe to share their feelings as well as take risks. Targeted provision to promote wellbeing and mental health for individual or groups of pupils include nurture, check ins, social stories and emotional literacy.

Our vision for every child is that we equip them for lifelong learning by becoming resilient, confident, adaptable and collaborative.

Universal provision (i.e. provided to everyone) helps learners to understand their own wellbeing, build emotional resilience and develop coping mechanisms to manage everyday stresses.

Targeted provision available for those children and young people identified as needing something over and above the universal provision, and this may be time limited intervention from a trusted professional, such as a teacher or member of the school team, or support from specialist services.

Provision for those with specific needs, such as children and young people with an eating disorder, those who are self-harming or taking risks, will need more intensive support.

Finally, there is a provision for [vulnerable children and young people](#), for example children who are care experienced, those with special educational needs, or chronic illness.

Below is a list of activities, schemes and interventions that we pride our school on offering to our pupils and staff

Exercise	We know that physical activity helps to lift moods and is also a method for children to understand anxiety- if they are able to describe how their body feels when they are out of breath, this can be helpful in reassuring them that whilst physical sensations of anxiety feel frightening, they are not dangerous. At MPS we ensure pupils have at least 2 hours of PE each week.
Breathing techniques	Slow, calm breathing is something that can be done together regardless of social distancing. At MPS we use and access breathing techniques from ClassDojo Big ideas: mindful movements, calmer classroom breathing with Mojo. 2mins a day of focused breathing is beneficial for all
Positive Focus	To develop children's resilience we need to explicitly show them that there are two sides to all situations. At MPS we use ClassDojo Big ideas positive thinking sessions to support this. A positive jar in each class is to be introduced academic year 20-21 to encourage children and staff to add a positive good experience - from the past, daily, weekly or whatever works for each class ensuring to set a time to share these together

Resilience/mindfulness	Any activity on mental health and wellbeing will contribute to a sense of resilience. All ELSA resources are collated and shared within our MPS teachers Team area within wellbeing for ease of access. ELSA resources are linked to growth mindset and resilience
Nature/outdoors	Whilst we don't have the largest of outdoor areas at MPS we are lucky to have the space that we do. Evidence consistently shows that being outdoors and with nature boosts mood. At MPS we know that it is OK to take some time just to be outdoors from time to time in both FP and KS2
CALMING MUSIC	https://youtu.be/5-mCWwRYl3E https://www.youtube.com/watch?v=VzrHvwWjXEs https://www.youtube.com/watch?v=5DiMoehAeOU ClassDojo: login-class-toolkit-music
Safe sites/links to wellbeing etc	GO NOODLE: www.gonoodle.com DANCERCISE KIDS: https://dancercise.com/ COSMICKIDS: https://cosmickids.com/ WORRY BOX: as setup by Healthy schools club 2019-2020 CALM DOWN BOX: multisensory resources (see Liza Sellere for replacement of items) CHECK INS: daily check ins in Welsh and English ELSA: all mindfulness and resilience resources stored centrally on Teams Thrive/Derbyshire/Nurture: run by TA Hayley Moses. All pupils are Thrive assessed as of 2021 and action plans in place if/when necessary

	CALMER CLASSROOMS mindfulness/breathing: http://www.calmerclassrooms.co.uk/free-resources/
Assemblies	CLASSDOJO BIGIDEAS: https://ideas.classdojo.com/ CURRICULUM MAESTRO https://maestro.cornerstoneseducation.co.uk/library/809 Together Tuesday assemblies virtual 2021-2022 all stored in Teachers Teams area
Staff wellbeing	Links and resources from Mind are shared and stored within our staff Teams area
CRUSH resources relating to RSE	CRUSH: Launching a new RSE resources for teachers in Wales and beyond – Gender and Education Association GEA
Agenda	Home - Agenda Online Supporting children and young people in making positive relationships matter



Health and Well-being home activities for families

Yellow fill = fersiwn Cymraeg

Here is a list of resources and support agencies which may help school staff, pupils and parents/carers, during this time of self-isolation at home. Please feel free to share and also tag the Swansea Bay Healthy Schools team on Twitter with any activities: @H_SwanseaBay

Sections

- 1. Websites with health and wellbeing activities**
- 2. Other Information hubs**
- 3. Mental and Emotional Support for children and young people – Websites, phone lines, text services**
- 4. Information and support services for parents/carers**

1. Websites with health and wellbeing activities **Physical activity**



Cosmic Kids Yoga

Yoga, mindfulness and relaxation designed especially for children aged 3+

<https://www.youtube.com/user/CosmicKidsYoga>

	Joe Wicks Free online PE lessons for children of all ages. He is also running 30 minute live classes between 9am and 5pm every weekday. https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ
	Jump Start Jonny Fun workouts (and chill out) videos to help keep children fit and active. https://www.jumpstartjonny.co.uk/free-stuff (Link doesn't always work – but can google Jump Start Jonny)
	CBeebies Andy's Wild Workouts CBeebies' Andy travels the world to amazing places and learns to move like the animals he meets on his wild adventure. Ideal for younger children. https://www.bbc.co.uk/programmes/p06tmmvz/episodes/player
	Change 4 Life The Change 4 Life Website has a range of activities to get you moving along with how to keep healthy and eat well. The following link will take you to a range of activities, including Disney themed indoor activities. https://www.nhs.uk/change4life/activities
	Busy Feet at Home Busy Feet have adapted their resources to offer Busy Feet at home from their YouTube platform on a Monday, Wednesday and Friday. More information can be found on their Facebook page: https://www.facebook.com/BusyFeetExplorers/

Welsh Music and Movement

	Ffa La La Free live online Welsh singing for pre-school children on their Facebook page - https://www.facebook.com/ffalala/ Website: https://www.addysg-ffalala-education.com/index.html
--	---



<https://www.addysg-ffalala-education.com/hafan.html>

Healthy Eating and Cooking

	Food a Fact of Life - British Nutrition Foundation A wide range of activities about where food comes from, cooking and healthy eating. Resources from ages 3-16. There are currently 54 activities/resources to support remote learning at home. Over the coming week's further resources and activities will be posted. https://www.foodafactoflife.org.uk/whole-school/remote-learning/
	Top Marks A variety of links to activities related to healthy eating (<i>Note: links to English Healthy Schools scheme, not Welsh</i>). https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating
	Change for Life Includes food facts, recipes, activities, apps, currently has ideas of 'how to stay healthy at home!' https://www.nhs.uk/change4life
	Veg Power 'Get your kids eating more veg'. The website has resources that include downloads, reward charts, lesson plans with printable worksheets and activities. https://vegpowers.org.uk/downloads/

	Cooking Together Wales Cooking Together Wales are streaming nutritional and fun cook-along videos. The videos can also be found on their Facebook page - Cooking Together Wales – and via their new Cook-a-long webpage. There are lots of links to Welsh words that relate to cooking. https://www.cookingtogether.co.uk/cook-a-long ryseitiau dwyieithog - sgrolwch i lawr am Gymraeg https://www.cookingtogether.co.uk/recipe-hwb
	The Kids' Kitchen The Kids' Kitchen Facebook page is running free live online cooking sessions for children. https://www.facebook.com/TheKidsKitchen/

[Mental and Emotional wellbeing](#)

	Mindfulness in Schools Project (MiSP) – Sit Together Mindfulness in Schools Project is inviting everyone to join them in a free daily online mindfulness practice. https://mindfulnessinschools.org/misp-sit-together/
	Mindfulness in Action Mindfulness in Action are offering a programme of free daily 1 hour online sessions by Zoom. https://www.mindfulnessinaction.co.uk/ <i>There will be other Mindfulness organisations also offering free online sessions, this is one Cardiff-based organisation.</i>

	New Horizon Guided meditation audio tracks for children. https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHliNXg
	Heartfulness Relaxation and contemplation audio tracks for both primary and secondary school children. https://www.heartfulness.uk/primaryschools/ https://www.heartfulness.uk/secondaryschools/
	Go Noodle Movement and mindfulness videos for children. https://www.youtube.com/user/GoNoodleGames
	Action for Happiness The monthly calendars are packed with actions you can take to help create a happier and kinder world. Include a new 'Coping Calendar' - 30 actions to look after ourselves and each other as we face this global crisis together. https://www.actionforhappiness.org/calendars
	Welsh medium meditation app: Ap Cwtsh https://apps.apple.com/us/app/ap-cwtsh/id1373007452 i-phone https://play.google.com/store/apps/details?id=co.moilin.apcwtsh&hl=en android phone Cyflwyno dulliau sy'n hybu iechyd a lles yw Ap Cwtsh, megis cynhenid Cydodau Mae Ap Cwtsh yn cynnwys sesiynau myfyrio newydd sbon sy'n adlewyrch hiaith, ein hanes a'n diwylliant. App Cwtsh introduces methods that promote health and wellindigenous Welsh meditations. App Cwtsh features brand new, such as reflectio n sessions that reflect our language, history and culture.

	CEOP (Child Exploitation and online protection) Families can make a report to CEOP if they are worried about online se*xual abuse or the way someone has been communication with a child online. Also there are free downloadable home activity packs for all ages, including parents and carer help sheets. https://www.thinkuknow.co.uk/parents/ CEOP safety centre https://www.ceop.police.uk/safety-centre/
	UK Safer Internet Centre Online safety tips, advice and resources to help children and young people stay safe online. https://www.saferinternet.org.uk/
	Childnet A range of games, books and information about staying safe online. Filters allow you to select the appropriate age. Primary and Secondary. https://www.childnet.com/resources/supporting-young-people-online https://www.childnet.com/resources
	BBC Own It App For children and young people who have a mobile phone to support safeguarding and wellbeing - The Own It app will help you to make smart choices, feel more confident and get advice when you need it. Available for all smart phones.
	School Beat A bilingual site from the All Wales School Liaison Core Programme. The website that focuses on the three main themes of the Programme: drug and substance misuse, personal safety and safeguarding, and social behavior and community. Ages 5-16 https://schoolbeat.cymru/en/ https://schoolbeat.cymru/cy/

	E-bug Use the Antibiotic Guardian Youth badge to support home schooling. Help your child learn how to prevent the spread of infection. https://www.e-bug.eu/antibiotic-guardian-youth-badge/index.html There is also a section for students which is divided into three subsections – Junior, Senior and Young Adult. Young Adult is available in English only. Each sub-sections contains information and activities that can be accessed at home by students with the support of parents and carers. https://e-bug.eu/
	NSPCC PANTS Underwear rule With the help of the friendly dinosaur Pantosaurus, PANTS is a simple way to talk to your child about staying safe from sexual abuse. https://www.nspcc.org.uk/keeping-children-safe/support-forparents/underwear-rule/ For Welsh resources scroll down the page. Welsh Pantosaurus video on Youtube: https://www.youtube.com/watch?v=2-GBXPKVUeY

Eco / Nature

	Eco Schools Follow @EcoSchoolsWales on Twitter to see their weekly #EcoSchoolsAtHome theme. https://www.facebook.com/Eco-Schools-Wales-Eco-Sgolion-Cymru126253670720592/
	Beach Academy Emma at Beach academy has created printable home learning resources and activities for families to stay connected to the coast. With home learning and Facebook learning, offering families of children aged 3-11 a day at the beach, from home, in response to social distancing. https://www.beachacademywales.com/learningresources
	RSPB There are loads of great ideas and resources to help kids and families connect with nature, with some simple activities they can do at home. In the “Fun and Learning” area there is a section for children that gives step by step guides to make bird feeders and “Spot it” sheets. There are also interactive games, stories and competitions. https://www.rspb.org.uk/fun-and-learning/for-kids/games-andactivities/activities/

	Wildlife Trust The focus on this website is looking after yourself and nature, and has lots of activities and ideas for all ages, whether they are indoors or in the garden. https://www.wildlifetrusts.org/kids-and-families
	Scouts “While we normally love the great outdoors, we’ve pulled together some inspired indoor activity ideas to keep your kids learning new skills and having fun.” There are inclusive and accessible activities suitable for all age groups 6-8yrs (Beavers), 8-10yrs (Cubs) and 10-14yrs (Scouts). There are clear instructions including some videos and the equipment required is mostly available around the house or in the garden. Some examples include: Beavers & Cubs – Lolly stick catapults / Leaf animals / Book marks / Tiny bug rafts / Snap happy (camera) / Creating a tornado. Scouts – Origami / creating a diary / Switch off challenge. https://www.scouts.org.uk/the-great-indoors/
	National Children’s Gardening Week A range of activities related to nature and gardening. https://www.childrensgardeningweek.co.uk/fun-things-to-do/

[2. Other Information hubs](#)



Children's Commissioner for Wales Information Hub

There is a Coronavirus Information Hub for children, young people and families in Wales. There are further links to useful websites about learning at home and playing at home, with activities and resources for children and young people.

<https://www.childcomwales.org.uk/coronavirus/>

<https://www.complantcymru.org.uk/coronafeirws/>

We're posting a series of videos on our Facebook page mainly to help parents find cheap and easy ways to make fun at home but also a few on general household wellbeing tips

<https://www.facebook.com/childcomwales/>

3. Mental and Emotional Support for children and young people – Websites, phone lines, text services.



Childline

Offering support to Children online, on the phone - Anytime **0800 1111**
'No worry is too big or too small'

<https://www.childline.org.uk/>

<https://www.childline.org.uk/get-support/contacting-childline/contacting-childline-in-welsh/>

App also available: Childline For Me app

Intro Video: <https://youtu.be/OWPezz3UcA8>

	Kooth Free online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop. https://www.kooth.com/
	MEIC Bilingual online/phone/text support for young people - not counselling, but solution based support and advocacy. Tel: 080 8802 3456 Text: 84001 https://www.meiccymru.org/ https://www.meiccymru.org/cym/
	The Mix Free helpline, email, crisis text line, one-to-one live messaging for under 25 year olds. Also information and sex and relationships on the website (and other topics) Tel: 0808 808 4994 https://www.themix.org.uk/
	Mind Hub This hub has been created by young people for young people, it provides information and links to services in relation to emotional health and wellbeing. http://www.mindhub.wales/ http://hybmeddwl.cymru/
	Stonewall (Young Stonewall) Help, updates and guidance from the LGBT community for young people. https://www.youngstonewall.org.uk/

	MIND Support and advice for young people struggling with their feelings. https://www.mind.org.uk/information-support/for-children-and-youngpeople/
	Young Minds Advice and support for young people struggling with their mental health. Currently focussing on the impact of the Coronavirus. https://youngminds.org.uk/
	Mental Health Foundation Access a free downloadable guide to help you overcome fear. Also available in Welsh. https://mentalhealth.org.uk/publications/overcome-fear-anxiety
	Samaritans Supporting young people with their mental health. https://www.samaritans.org/wales/how-we-can-help/schools/youngpeople/
	Papyrus An organisation set up for the prevention of young suicide, and offers support to young people. Telephone: 0800 068 41 41 https://papyrus-uk.org/
	GP If you need to contact your GP out of hours, you can ring your GP surgery and they will have another number to call to see a GP immediately, or contact your local accident and emergency department if necessary

	Welsh Women's Aid A support service for women and young people affected by domestic abuse. https://www.welshwomensaid.org.uk/what-we-do/children-and-youngpeople/
	TESS Text and email support for girls & young women up to 24yrs in the UK affected by self-harm. Open Sun, Mon, Tues, Wed, Thurs and Fri 7pm - 9pm Text 0780 047 2908 https://www.selfinjurysupport.org.uk/
	Hope Support Offers online support via Facebook or Skype to young people aged 11+ when a close family member is diagnosed with a terminal illness. Email - help@hopesupportservices.org.uk http://www.hopesupport.org.uk/
	Child Bereavement UK Offers support to families and young people affected by bereavement. Telephone: 0800 02 888 40 Email - support@childbereavementuk.org https://www.childbereavementuk.org/
	Cruse Offers support to anyone who has been bereaved. Also offers face to face local support. Telephone: 0808 808 1677 (free) Mon & Fri: 9:30am – 5pm, Tues – Thurs: 9:30am – 8pm. Email: helpline@cruse.org.uk https://www.cruse.org.uk/

	Youth Work Support This website is designed to bring together relevant advice, guidance, support and tools for youth workers, young people and organisations during the COVID 19 pandemic. https://youthworksupport.co.uk/ Further websites that are coronavirus related: https://www.ukyouth.org/2020/03/18/coronavirus-advice/ https://wearencs.com/blog/keeping-calm-through-coronavirus
---	--

4. Information and support services for parents/carers

	Government / Public Health England - Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak https://www.gov.uk/government/publications/covid-19-guidance-on-supportingchildren-and-young-peoples-mental-health-and-wellbeing/guidance-for-parentsand-carers-on-supporting-children-and-young-peoples-mental-health-andwellbeing-during-the-coronavirus-covid-19-outbreak
	Parenting for Lifelong Health Parenting for Lifelong Health provides open-access online parenting resources during COVID-19. https://www.covid19parenting.com/
	Parent Zone Online articles, guidance and resources to help parent/carers with children at home during this period. Currently Free membership. https://parentzone.org.uk/
	NSPCC Help and information about keeping children safe. Articles about reducing anxiety at home. https://www.nspcc.org.uk/

	Parent Info Tips for keeping everyone's spirits up as much as possible as we selfisolate. https://parentinfo.org/article/how-to-look-after-your-family-s-mentalhealth-when-you-re-stuck-indoors
	Dewis Cymru Information about well-being in Wales, and information about local organisations and services that can help. https://www.dewis.wales/
	Mind Offers support on a range of mental health issues. Telephone: 0300 123 3393 Mon – Fri 9am – 6pm Text: 86463 https://www.mind.org.uk/
	Samaritans An organisation that provides confidential emotional support. Telephone: 116 123 24 hours, 7days/week Welsh language line: 0300 123 3011 open daily 7pm – 11pm https://www.samaritans.org/?nation=wales
	Cruse Offers support to anyone who has been bereaved. Also offers face to face local support. Telephone: 0808 808 1677 (free) Mon & Fri: 9:30am – 5pm, Tues – Thurs: 9:30am – 8pm. Email: helpline@cruse.org.uk https://www.cruse.org.uk/

**Welsh Women's Aid**

A support services for women and young people affected by domestic abuse.

<https://www.welshwomensaid.org.uk/what-we-do/children-and-youngpeople/>

Live Fear Free helpline.

Available 24 hours a day 7 days a week, confidential helpline
0808 80 10 800

**Respect UK**

Advice and help for the perpetrators of domestic abuse.

Freephone **0808 802 4040** Monday-Friday 9am-5pm

<http://respect.uk.net/>