

# Wellbeing Parent's Coffee morning



## Welcome

### Ms Coffi Rope

#### Senior Mental Health and Wellbeing Lead

I promote good mental health and emotional wellbeing for staff and students alike by developing a whole-school approach to support mental wellbeing and educating students on mental health and wellbeing.

### Mr Baker

#### SENDCo-Special needs and disabilities coordinator

I co-ordinate additional support for pupils with SEND and liaise with their parents, teachers and other professionals who are involved in ensuring any barriers to learning are overcome.

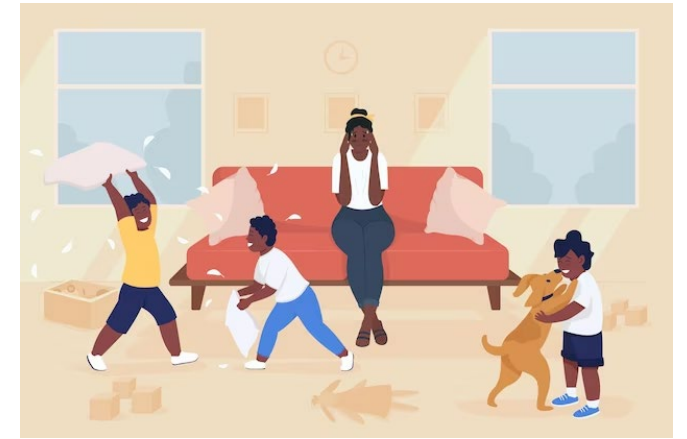




## Aims:

- To establish a definition of mental health and wellbeing.
- To share how the school is implementing a whole-school approach to mental health and wellbeing
- To explore how we can support mental health and wellbeing at home.

What is your  
number 1  
parenting worse  
nightmare?





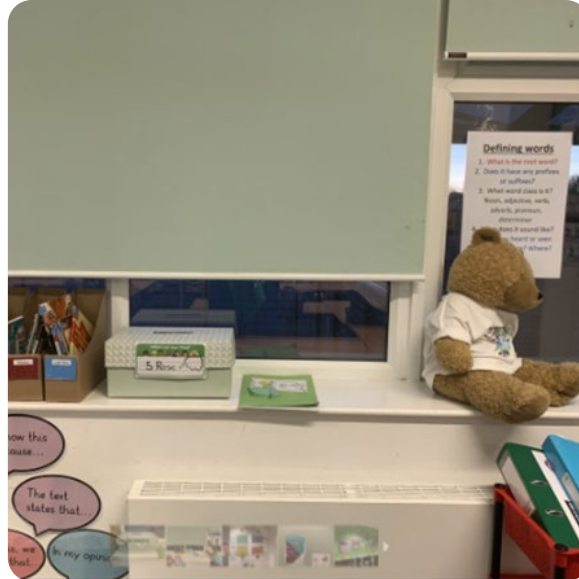
# Mental Health and Wellbeing: What Is It?





Be happy!





Whole school  
approach to wellbeing

Good mental health  
and wellbeing helps  
children to learn  
effectively, cope with  
day-to-day challenges,  
and develop into  
resilient young adults.



# Interventions



Healing Through Play Therapy  
Play \* Heal \* Grow



Kingfisher Hall  
ACADEMY



# The ZONES of Regulation

			
<b>Blue Zone</b> Sad Bored Tired Sick	<b>Green Zone</b> Happy Focused Calm Proud	<b>Yellow Zone</b> Worried Frustrated Silly Excited	<b>Red Zone</b> overjoyed/Elated Panicked Angry Terrified

The zones of regulation is a social and emotional strategy to support children to identify, name and regulate their emotions.

In what zone are you now?

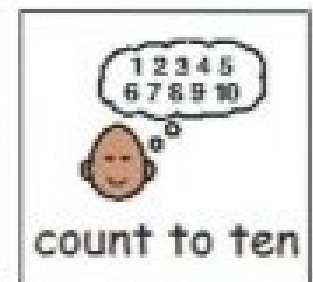
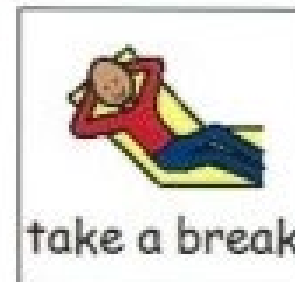
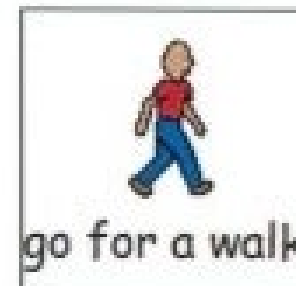
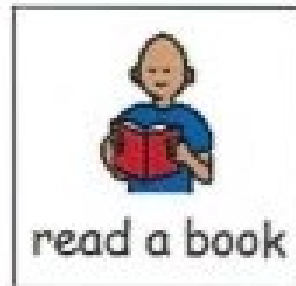
# Strategies

## How might you feel?

### The ZONES of Regulation

			
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## What might help you?





# Where the help is?

- <http://www.familylives.org.uk/>
- <https://www.childline.org.uk/>
- <https://www.youngminds.org.uk/>
- <https://contact.org.uk/>
- <https://www.barnardos.org.uk/>



**family  
lives**

**YOUNGmINDS**  
fighting for young people's mental health



**Kingfisher Hall**  
**ACADEMY**

Believe in  
children  
 Barnardo's

**contact**  
For families  
with disabled children

