

## Who makes up The WELL-BEING TEAM?

**Mrs Kelly Loveless -**

*Special Educational Needs Co-ordinator,  
Year 1 Teacher and KS1 Co-ordinator*

**Mrs Judy Jehan-**

*ELSA and Learning Support Assistant*

**Mrs Sharon Day-**

*Year 5 Teacher*

**Mr James De La Haye**

*Year 4 Teacher*



St. John's School,

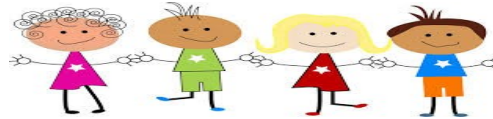
La Rue De La Mare Ballam,

St. John,

Jersey. JE3 4EJ

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The Well-Being team, can help  
with...

Loss and bereavement

Self-esteem

Social skills

Emotions

Friendship issues

Relationships

Anger management

Behaviour

Anxiety

Bullying

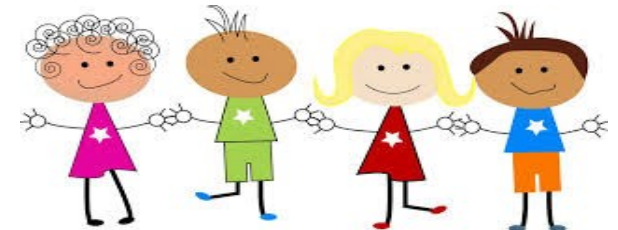
Conflict

Relaxation techniques

Delivering Emotional well being in school is part of the 'Early Help' Initiative. The Well Being Team at St. John have all received specialist training in supporting Mental Health and are supported by The Department for Children, Young People, Education and Skills . The Well-being team are not Counsellors and therefore the SENCO would refer the child onto other outside agencies such as EP or CAMHS if it was deemed necessary after discussion with the child's parents.



# Well-Being Support at St. John's School



## WHAT is WELL-BEING and HOW is it delivered within ST. JOHN'S SCHOOL?

Our emotional literacy and well-being plays a vital role in the way we learn and behave. We want all our students to feel happy in school in order to reach their full potential.

However, there may be occasions in our lives when things can happen beyond our control e.g. friendship issues, feelings of anxiety or anger, family breakdowns or the death of a beloved pet or family member. Some children may not have the strategies and confidence to deal with these situations and may require additional support to overcome and understand what they are going through.

First and foremost the promoting and safeguarding of pupils health and wellbeing is taught within class circle time, PSHE lessons and assemblies, where children have an opportunity to share their feelings, thoughts and emotions.

A child may be referred to the school SENCO for additional emotional support either by their class Teacher or by their parents who can email Mrs Loveless direct [K.loveless@stjohn.sch.je](mailto:K.loveless@stjohn.sch.je)



## WHERE and WHEN do the WELL-BEING sessions take place?

The Well-Being sessions take place during the school day, usually once a week during the afternoon and last between 30–40 minutes. We have a Well-Being room in school where most sessions would take place.

Most sessions are on an Individual basis, however there are occasions when a small group session will be best. This all depends on the area to be focused upon.

All sessions start with an emotional check in followed by a main activity based on the learning objective such as 'I can tell you about my strengths'. Relaxation exercises and strategies are taught and the pupil is encouraged to practise these at home.



## 15 ways to Promote and Support Good Mental Health

1. **Make sure you get enough sleep**
2. **Eat healthy food and drink healthy drinks**
3. **Learn how to relax and switch off**
4. **Connect with friends and family**
5. **Learn new things every day**
6. **Help others whenever you can**
7. **Exercise each day**
8. **Talk about your feelings**
9. **Be mindful and take notice of what is happening around you**
10. **Be thankful for all the things you have**
11. **Set goals for yourself and embrace your wishes and dreams**
12. **Challenge any negative thoughts**
13. **Learn how to smile more!**
14. **Ask for help if you have a problem**
15. **Have fun and laugh!**

  
ELSA support  
supporting emotional literacy

