

Emotionally Friendly School (EFS) Award

We are currently in the process of applying to achieve an Emotionally Friendly School Status.

The Emotionally Friendly Schools (EFS) programme is a flexible, whole-school approach to improving children's mental health and well-being.

The accreditation focuses on four key areas:

- 1. Staff Wellbeing and School Ethos**
- 2. Classroom Practice**
- 3. Assessing Children's Needs**
- 4. Supporting Individual Children**

One of our key principles, here at Cadishead, is to support the wellbeing of both staff and pupils. We aim to ensure that all children are happy, healthy and able to cope with everything that life may throw at them. We promote and teach all pupils to be resilient, confident, have positive self-perceptions and appropriate coping mechanisms in a seamless and continuous method of delivery.

By adopting a whole school approach, we can ensure that wellbeing is central to everything that we do.

As adults, we ensure that we develop our understanding of emotions, self-control, positive relationships and keeping our mind and body healthy, in order to support our wellbeing and therefore we can have the best impact upon the pupils we support. We recognise, however, that the mental wellbeing of both staff and pupils can change from day to day and that there are times in everybody's life when a little extra help or support may be needed. Therefore, we have invested heavily in a supportive and nurturing system, the aim of which is to enable all individuals to flourish whilst in attendance at Cadishead.

To support both staff and pupils emotional well-being we have implemented successful intervention initiatives such as: A Place2Be mentor who not only works with the children but also parents and staff, after school clubs, robust PSHE lessons which focus on supporting emotions and encouraging a growth mind-set and staff members who are trained in emotional wellbeing . We use assessment tools such as Boxall Profiles, IMPACT and Leuven scales.

As a school we also seek advice and support from CAMHS (Child and Adolescent Mental Health Service), School Nurse, Speech and Language Therapists, Paediatricians, the Primary Inclusion Team, the Educational Psychology Service and also Salford's Learning Support Service. We are in constant communication with all of these outside agencies and are able to make direct referrals to both CAMHS and the Neurodevelopmental Pathway. This ensures that all individuals are receiving prompt and appropriate support.

At Cadishead we are dedicated to ensure that every member of our school family feels supported in order for "*us to learn together for a confident future*".

Our EFS champions are: Mrs Harrison, Miss Goodwin, Miss Amin, Mrs Pearson, Mrs Daniels, Mrs Page.

