

Mental Health and wellbeing

At Oakfield, we strive to actively promote positive emotional health and well-being throughout the school.

Within our school ethos we promote a safe and open culture where children can talk about their feelings and experiences and learn in a fail safe environment.

Our talk buddy system works successfully and staff are quick to pick up on children who may need additional emotional support.

We understand that at times pupils and their parents/carers may experience issues affecting their emotional health such as anxiety, stress, depression, bereavement and loss, eating disorders and self-harm.

Our **Mental Health champion** is Mrs Chafer.

All members of our team have had Mental Health training and have access to a wide of support groups which may be of benefit to you and your family.

Visit our school website to find lots of links to the support groups available and feel free to come and chat to a member of our team.

<https://www.oakfield.n-lincs.sch.uk/mental-healthand-well-being/>

Our Team



Mrs A Chafer



Mrs J Oades



Mrs G Hood



Mrs T Beacher



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A parent's guide to
Pastoral Support
at Oakfield
Primary
School



At Oakfield

Our Learning Mentor is Mrs Chafer who is supported by Mrs Oades and Mrs Hood our Pastoral Support Officers.

What is a Learning Mentor?

- ☆ A Learning Mentor helps to support children in school to overcome any issues that might be stopping them from learning as well as they could.
- ☆ A Learning Mentor can also support children's parents and carers with any issues that are affecting the family's home life or in supporting their children.

What does a Learning Mentor and Pastoral Officers do?

- ☆ They can provide 1:1 sessions or group sessions of support.
- ☆ They work with children for different reasons and the help that is offered depends on the need of the child.
- ☆ They support families with concerns and issues around their child.



Some of the support offered to children includes:

- Buddies
- Staying safe
- School Council
- Managing Feelings
- Anger Management
- Anxiety
- Worries
- Attachment
- Emotional Literacy
- Bereavement
- Bullying
- Behaviour
- Obesity
- Self-Esteem
- Confidence
- Self-Harm
- Friendship issues
- Occupational Therapy
- Mental Health
- Counselling
- Domestic abuse and the impact on the child

Some of the support offered to families includes:

- Early Help
- School nurse
- Children's behaviour
- Attendance
- Finance and welfare
- Parenting
- Alcohol and drug use
- Domestic abuse
- Anxiety and depression
- Any issues or concerns that are affecting family life

The Learning Mentor is able to refer to different services for more specialised support if requested. All information is confidential and is only shared with the people concerned.

The Learning Mentor also monitors attendance and safeguarding.

Mrs Chafer will be on the KS2 gate in a morning and Mrs Oades and Mrs Hood will be on the KS2 playground in a morning. Mrs Chafer can also be contacted through the school office.

