

Hello, I would like to introduce myself. My name is Mrs Ashworth and my role within Scholar Green Primary School is Mental Health Lead. I work with pupils on a one-to-one basis or in group sessions and have daily ‘check-ins’ with several pupils. I am available to all pupils within Scholar Green. Sometimes all they need is to just sit and chat and talk about their worries. No worry is too small and sharing that worry is sometimes all it takes to be able to carry on with the day. I hold weekly assemblies around Mental Health Issues, staying safe and awareness days.

I have completed Level 4 Certificate in Mental Health Aware Leadership and am ELSA trained (Emotional Literacy Support Assistant) I am a trained, school-based learning support assistant. My role is to support the emotional wellbeing of pupils. I was trained by a team of educational psychologists, and I receive ongoing group supervision. I am a Mental Heath First Aider (MHFA) I can help students who are experiencing emotional distress or a mental health issue.

Please look out for my Emotionally Healthy School page on the Scholar Green Website. There are lots of pages and a list of support available for children and parents around Mental Health.

I am passionate about my role within Scholar Green Primary School and the emotional health and wellbeing of the pupils, staff and parents.

**Hope you like my portrait, drawn by a pupil. I love it!**

At *Scholar Green Primary School*, we aim to promote positive Mental Health for every member of our school community including, staff, pupils and families. We pursue this aim using both universal, whole school approaches and specialised, targeted approaches aimed at vulnerable pupils.

In addition to promoting emotional resilience and positive mental health, we aim to recognise and respond to mental ill health. By developing and implementing practical, relevant and effective Mental Health policies and procedures we can promote a safe and stable environment for pupils affected both directly and indirectly by mental ill health.

Each pupil and their wellbeing is unique and is approached in this way depending on the situation:

* In some circumstances just talking and listening is required.
* Others may benefit from a more structured programme.

I am available at all times for pupils/ staff and parents.

Here at Scholar Green Primary we have achieved The AcSEED Award. This is a recognised award and ensures that wellbeing initiatives are well structured and supported and that the school promotes a whole school approach to emotional well-being and mental health support.

There is an Emotionally Healthy Schools page on our website where you will find lots of helpful information about emotional health for your child and yourself.

**Lead Members of Staff**

Whilst all staff have a responsibility to promote the emotional resilience, wellbeing and positive mental health of pupils, staff with a specific, relevant remit include:

* Lyndsey Colman- Designated child protection / Designated Safeguarding Lead/ Operation Encompass/ Single Point of Contact (SPOC) for Prevent
* Caroline Yarwood – Designated Safeguarding Lead/ SENCO
* Hayley Hancock – Deputy DSL
* Jayne Ashworth- Mental Health Lead / Deputy DSL/ Lead First Aider
* Emma Aitkin - Designated Safeguarding Lead – Den
* Chair of Governors – Pat Morgan

Please take the time to look at our website. I have a link page and there is lots of information if you need it and please remember that I am available for parents as well as pupils!

Mrs Ashworth

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