

## Mental Health

At OLOV, we promote a mentally healthy school environment through our positive and caring ethos and by encouraging a sense of belonging. We recognise that everyone experiences life challenges which can make them vulnerable and, at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play in our own emotional wellbeing and that of our friends.

We practise 'Mindfulness' and we are proud to have been a pioneer school for the 'MindUp' Foundation's work in London: teaching children how our brains work, how emotions affect us and how to incorporate regular mindful practice into all of our daily routines. We aim to create a calm and mindful culture where all our children can thrive and be happy.

Growth Mindset is also taught in every classroom and the themes of mental health, growth mindset and resilience are regularly discussed in class, in circle-times and whole school assemblies.

We aim to offer support wherever it is necessary. We have two Emotional Learning Support Assistants (ELSAs) on the staff who can support individuals and groups of children with a range of difficulties.

We are delighted to be working with the NHS in West London's Mental Health Trailblazer project\* this year and we are also participating in a project to develop a community of schools working together to improve Mental Health in children, run by the charity Place2Be.

**\*If parents feel that they would like to receive support from the Trailblazer project they can complete the referral forms here themselves or speak to school staff. A consent for data to be processed also needs to be completed. The forms can be accessed using the links below.**

[Referral form to be completed](#)

[Consent for data to be processed](#)

Referrals when completed should be sent to: [trailblazerteam@hfmind.org.uk](mailto:trailblazerteam@hfmind.org.uk)