

Riverside Wellbeing Survey Results

Dear Parents/Carers,

Thank you for taking the time to complete the survey about wellbeing at Riverside. The responses can be seen below. Some parents indicated that they were unsure about what support was available in school so we wanted to take this opportunity to share this with you. More information can be found below.

	Strongly agree	Agree	Disagree	Strongly disagree	I'm not sure
1. My child is happy at school.	49%	43%	1%	1%	6%
2. I know where to get help if my child is feeling unhappy or upset.	40%	50%	4%	0%	8%
3. Staff support my child's emotional wellbeing.	35%	43%	3%	1%	18%
4. The school listens to concerns about my child's wellbeing	39%	44%	3%	0%	14%
5. My child knows who they can talk to if they are feeling upset or worried.	43%	44%	1%	1%	11%
6. I know where I can get support for my own wellbeing.	39%	49%	4%	0%	8%

Where can your child get help if they are upset?

At Riverside, children are encouraged to talk to an adult that they trust if they are worried or upset about something. During PSHE lessons, children think about which adults this could be such as family members and members of staff at school. Each class has a Feelings Display. Children can use this throughout the day to indicate how they are feeling. If a child has identified that they are feeling worried or upset, an adult in the class will take time to talk to them and think about what they could do to feel better.





Children can get support from our in-school counselling service Place2Be. Place2Be offer one-to-one counselling sessions for some pupils and children can be referred to this service by a parent or member of staff. These sessions are offered once a week and give children the opportunity to express their feelings using play and art. Place2Be also offer Place2Talk sessions. When taking part in Place2Talk sessions, children can refer themselves to talk about their problems or worries during lunch times and can visit with friends if they would like to. Place2Be also run group work sessions to build on friendship, self-esteem and other issues.

There is also support for children on the playground. In Year 2 and Year 6 children have volunteered to be Playground Buddies. They help children who are looking for someone to play with, have fallen out with friends or have hurt themselves. There is a Friendship Stop on the playground which children can visit if they are looking for someone to play with or want to talk to someone.



In what ways is your child's emotional wellbeing supported at school?

Children take part in PSHE lessons from Reception to Year 6. Within the PSHE curriculum, children learn about healthy relationships, how to build friendships, how to look after their own wellbeing as well as the negative impact bullying can have on others. Children are taught strategies to manage situations and encouraged to talk to an adult that they trust if they are worried about something. The children take part Anti-Bullying Week each year in November and Mental Health Week in February in which particular focus is given to these areas.

Where can you get support?

Place2Be work with schools to support children's mental health. As part of this, they offer advice and resources for parents and carers to help support their child or young person's wellbeing. Place2Be's Parenting Smart is a new website for parents and carers of 4-11 year olds, offering practical advice on supporting your child and managing behavior. All of the content is created by Place2Be's parenting experts. Designed with busy parents in mind, the site has short videos and articles on topics from behavior to bullying, from sleeping difficulties to self-confidence. You can also access free online courses providing you with extra tools to deal with everyday parenting challenges. You can learn more at <https://parentingsmart.place2be.org.uk/> or <https://www.place2be.org.uk/our-services/parents-and-carers/>

If you would like to know more about any of the above, please speak to a member of staff.

Martina Ledwith

PSHE Leader