

# Whole School Approach: Primary Schools

## Children & Young People

- Getting to know Anxiety
- All about Emotions
- Looking after Your Wellbeing
- Coping with Change (Transition)
- Coping with Stress
- Coping with Anxiety from Tests
- Friendships & Big Emotions



### Assemblies

Provides an overview of the topic.

**10-20 mins**  
**No max no. of pupils**  
**Split by Key Stage**

### Class Workshops

More in depth discussion with group activities and individual worksheets.

**45 mins - 1 hour**  
**Max of 30 per group**

### Small Groups

Similar to workshops but greater discussion due to smaller number of pupils.

**45 mins - 1 hour**  
**Max of 10 per group**

## Staff Training

- Working with Young Minds Matter
- Supporting Children with their Mental Health in Schools
- Language that Cares
- Writing a Good Referral



## Parents & Carers

- Parents Evenings
- Coffee Mornings
- School Community Events (e.g. Sports Day)
- Parent/Carer Talks (Topics to be confirmed over Summer Holidays)



## Advice & Signposting

- We are able to offer advice & signposting around your school's Whole School Approach in our Consultations. Please speak to your Aligned Practitioner for further information.
- You can also find lots of further training, support and advice via GHLL: [www.ghll.org.uk](http://www.ghll.org.uk).

