

## **Social, Emotional and Mental Health (SEMH)**

SEMH stands for Social, Emotional, and Mental Health. In the context of education, a child can communicate through behaviour in response to unmet social, emotional or mental health need. These challenges can manifest in various ways, such as emotional outbursts, difficulty in forming positive relationships, low self-esteem, anxiety and other behavioural issues.

Children with SEMH needs can often be dysregulated, which means that they have difficulties in managing their emotions or their behaviour. They can show inappropriate responses to their emotions. They can feel scared, anxious and misunderstood. SEMH does not have to be a lifelong condition. With appropriate support, children and young people can move forward and live successful lives.

At Copnor Primary, we offer ELSA interventions to help children with different topics, so they are best prepared at managing their emotions as they grow. Fundamental to this approach is the importance of partnership working with parents and other agencies in Portsmouth, and that social and emotional mental health becomes 'everyone's business' in the same way as safeguarding or other parts of the curriculum.

Topics that are covered in ELSA are as follows:

- Self-esteem
- Anger
- Regulation
- Family break-ups
- Worry
- Friendship
- Social skills
- Loss/Bereavement
- Problem solving
- Growth mindset

## What can be done before ELSA?

Children often experience different emotions as they navigate through school and home life, and it is normal for them to struggle at times with their emotions. At Copnor, we follow a provision map, which helps us put first steps in place before offering further intervention. We also have many packs that we offer to parents as a first step to give ideas, resources and information on regulation and behaviour.

Around the school we have regulation stations that children have access to during class or break times to help regulate their emotions.



We run a wellbeing club at lunch times to help support children that need a calmer environment, to chat to an adult or speak about a worry, need a friend to play with, or a friendship disagreement sorted out.

