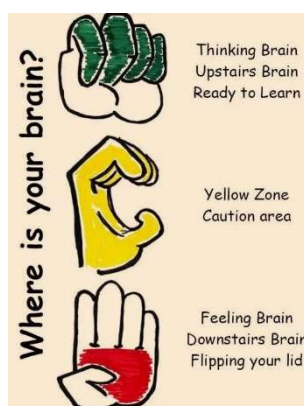
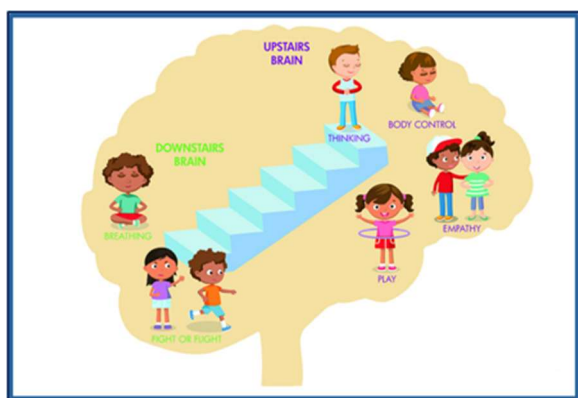


Thank you for clicking the link to find out more about how we support Mental Health and Wellbeing at Hasland Infant School. My name is Mrs Oliver and I am the Senior Mental Health Lead in school. As part of my role I provide ongoing training and support to all members of staff in school as well as delivering Parent information sessions on Mental Health and Wellbeing to ensure a positive home/school relationship.

Please find below some more information about the work I do in school to promote positive mental health.

Each term I deliver a Mental Health Assembly. During these assemblies the children are reminded about the zones of regulation and are taught new concepts which include the Upstairs and Downstairs Brain as well as the Hand Model of the Brain. These assemblies support the children to understand more about their feelings and emotions as well as remind them about the things they can do to support their own mental health and wellbeing



Please click on the link below to access a short, child friendly animation about the hand model of the brain.

[The Hand Model of the Brain](#)

Throughout school we use books and stories to support the teaching of self-regulation and wellbeing. Here are some of my Favourites.

