

# Saint Wilfrid's Catholic Primary School



## Emotional Health and Wellbeing Policy

Date policy last reviewed: September 2025

Signed by:

Mrs G O'Brien

Headteacher

Date: September 2025

Mr J Rowbotham

Chair of governors

Date: September 2025

St Wilfrid's Catholic Primary School seeks to support positive Emotional Health and Wellbeing in the whole of our school community for adults as well as children.

## **CONTEXT AND RATIONALE**

Emotional health and wellbeing promotes school success and improvement by:

- contributing positively to priorities such as enhancing teaching and learning, raising standards, promoting social inclusion and improving behaviour and attendance.
- involving pupils more fully in the operation of the school.
- helping pupils and staff feel happier, more confident and more motivated.

## **AIMS**

### **General**

- Happier and more motivated pupils and staff who get more out of life Teaching and Learning.
- Pupils who are more engaged in the learning process.
- Pupils who can concentrate and learn better.
- Improved standards in all subjects, including literacy and numeracy.
- Improved attainment.
- More effective teaching.
- Parents and carers more involved in school life and learning

### **Behaviour and Attendance.**

- Pupils with high self-esteem and confidence.
- Pupils who have a say in what happens at school.
- Fewer disaffected pupils, disengaged from learning.
- Improved behaviour and attendance.
- Less bullying.

### **Staff Confidence and Development**

- Improved morale.
- Lower absenteeism.
- Better recruitment level.
- Positive and effective relationships with pupils.

### Each pupil will have access to members of staff who will:

- Work to ensure the pupil is happy and safe in school.
- Deal with any problems or concerns in a positive and supportive manner
- Provide relevant learning opportunities about pastoral concerns and practices.
- Act as a supportive link to parents, carers, family and external services
- Ensure that information about the pupil is used sensitively to support their well-being and achievements.

### Teaching Points

A variety of teaching methods is beneficial e.g. class, group, pairs, individual. Open enquiry, the expressing of opinions, sharing views, oral and written work, music and drama, should be utilised to present the programme. The Health and Well Being programme will allow broad and balanced coverage of issues relating to all aspects of health, affording access to information appropriate to young people's ages and stages.



### Outside Agencies/Visitors

It is widely recognised that specialists and experts from other agencies can provide information, expertise and insights that class teachers would not normally be able to provide. The use of other agencies to complement and enhance the work of the class in a planned way is to be encouraged. It is important that the school enters into discussion with the agency prior to the input to ensure that it will indeed complement the ongoing curriculum. The Well-Being Lead will ensure that agencies come from reputable sources, satisfy guidelines for their use and are approved for use in schools by the education authority. For example, school links, MHST (Mental Health Support Team, NHS) and Speech and Language Therapists.

### **Parents/carers**

The school will consult and involve parents appropriately in our approaches to learning and teaching but particularly so in relation to sensitive issues such as sexual health and drug education. The school follows a PSHE programme which is set at an appropriate level of understanding for each year group.

If parents/carers are concerned for the wellbeing of their child, then they should make an appointment to share concerns with their child's class teacher. The class teacher will then put into place appropriate measures using St. Wilfrid's universal or selected provision (see provision table below). If concerns continue, staff in close consultation with parents/carers may decide to refer their child to the wellbeing team for a referral to more targeted support for example from some of the outside agencies we closely work with such as MHST (Mental Health Support Team) or Early Help...

### **Responsibility of All**

Everyone within the school, whatever their contact with children may be, shares the responsibility for creating a positive ethos and climate of respect and trust – one in which everyone can make a positive contribution to the wellbeing of each individual within the school and the wider community.

### **St. Wilfrid's wellbeing team:**

Wellbeing governor: Mrs Karen Donlon

Senior Mental Health and Wellbeing Lead: Mrs Sanderson

Wellbeing staff leads: Mrs Stubbs (KS1)

Mrs Scott (KS2)

Miss L Ramsdale (EYFs)

Miss Dooner (SEND)

Mrs Melling (SLT)

Mrs O'Brien (SLT)

## St Wilfrid's universal Wellbeing provision

Getting Advice: Selected support stage 1 provided by school.

Information about local services on school webpage e.g.

Pupils speak to trusted adult.

Parents seek advice from teacher, member of wellbeing or pastoral team.

Getting Help: Selected support stage 2

Intervention groups, School nurse  
MHST

Getting More Help: Targetted support

CAMHs support

Education Psychologist

For LAC children access to support via virtual classroom.

Getting Risk Support:

CAMHs support

MASH

Clinical psychologist

Specialist support e.g. eating disorders, self-harm

Universal	Selected	Targeted
Adjustments, interventions and support accessible to all children.	Stage 1-Suport and interventions delivered using the school's resources and led by a staff member. Stage 2- As above but including the support of an external professional through consultation.	Support and interventions for children who have more complex and enduring emotional or mental health needs.
<ul style="list-style-type: none"> <li>• Catholic Ethos-statements of belief.</li> <li>• Breakfast Club and after School Club</li> <li>• Hygge room-designated area. <ul style="list-style-type: none"> <li>• Wellbeing Sessions.</li> </ul> </li> <li>• Celebration assemblies.</li> <li>• Star/house point charts. <ul style="list-style-type: none"> <li>• Headteacher awards for pupils and staff.</li> <li>• School council.</li> </ul> </li> <li>• Well-being days/weeks. <ul style="list-style-type: none"> <li>• Well-being charts</li> </ul> </li> <li>• Daily exercise-daily mile/sports sessions.</li> <li>• Worry monsters/ Calm boxes <ul style="list-style-type: none"> <li>• MIND assemblies.</li> </ul> </li> <li>• Assemblies by NSPCC, Childline.</li> </ul>	<ul style="list-style-type: none"> <li>• Lego Therapy.</li> <li>• Meet and Greet.</li> <li>• Positive People.</li> <li>• R Time</li> <li>• Socially Speaking.</li> <li>• Social stories.</li> <li>• Behaviour/Home school diaries.</li> <li>• Pastoral/Family support officer.</li> <li>• Health Professionals school nurse.</li> <li>• Outside agency Education Psychologist</li> </ul>	<ul style="list-style-type: none"> <li>• 1-1, group sessions with MHST, IDVA</li> <li>• Counselling- by WFW</li> <li>• Referrals to CAHM's/Healthy Young Mind's.</li> <li>• Pastoral/Family Support Officer.</li> <li>• Outside agency consultations</li> </ul> <p>Education Psychologist.</p> <ul style="list-style-type: none"> <li>• Referrals to MHST,CAHMs, IDVA</li> </ul> <p>Early Help Team.</p>

#### **Nurture Group:**

Every morning, the school facilitates nurture group or 1:1 sessions for our most vulnerable children who are experiencing mental health difficulties and need some additional support.

#### **Wellbeing Champions:**

St. Wilfrid's have established a wellbeing champions team. Each class has representatives on the wellbeing champion team. They work closely with the staff wellbeing team to develop the wellbeing provision at St. Wilfrid's listening carefully to the pupil voice of their respective classmates. They help plan and facilitate wellbeing activities to promote good emotional health and wellbeing such as assemblies, lunchtime activities, school environment.