Thrunscoe Primary and Nursery Academy
Emotional Health and Wellbeing Policy

Definition of Mental Health

"Children's mental health is the strength and capacity of children's minds to grow and develop with confidence and enjoyment. It consists of the capacity to learn from experience and to overcome difficulty and adversity. It is about physical and emotional wellbeing, the ability to live a full and creative life, and the flexibility to give and take in friendships and relationships. Children who are mentally healthy are not saints or models of perfection but ordinary children making the most of their abilities and opportunities."

(Young Minds, 2006, cited by DeBell, 2016)

Policy Statement

At Thrunscoe Primary and Nursery Academy, we are committed to supporting the emotional health and wellbeing of our staff, pupils and families. We understand that everyone experiences challenges in life that can test our resilience and anyone may need emotional support.

At our academy we support pupils to:

- ✓ understand their emotions and feelings
- ✓ share their worries and concerns
- ✓ form and maintain relationships with staff and peers
- ✓ develop their self esteem
- ✓ express their individuality and develop their acceptance of others
- ✓ develop resilience and manage setbacks
- ✓ SHINE

We promote a mentally health environment and positive culture by:

- ✓ following a mindful approach to our PSHE lesson via the EC publishing scheme of work.
- ✓ providing an 'Ask it basket' to enable children to have an option to write down questions on PSHE and RSE matters
- ✓ promoting our academy values which encourages pupils to SHINE
- ✓ promoting pupil voice and providing opportunities for pupils to participate in decision making
- ✓ celebrating academic and non-academic achievements
- ✓ raising awareness through events such as children's mental health week

- ✓ effective signposting to sources of support
- ✓ timely referrals to access support for those in need

Lead Members of staff

All members of staff have a role to play in promoting positive mental health and wellbeing within the academy. The staff members with a specific role include:

- ✓ Mr S. P Bate – Headteacher /Safeguarding Lead
- ✓ Miss K Holness – Wellbeing and Personal Development Lead
- ✓ Mrs K. Allen – Wellbeing Mentor/Safeguarding Lead
- ✓ Miss M Whitehead – Wellbeing Mentor
- ✓ Mrs A Matthews – SENCO
- ✓ Miss N. Whitfield SEND TA/ELSA
- ✓ Mrs K Allenby – SEND TA
- ✓ Mrs K Allison – SEND TA

Teaching and Learning

The key understanding, skills and knowledge pupils need to keep themselves mentally healthy and safe are included throughout our PSHE curriculum. We follow EC publishing scheme of work which aligns with the government's RSE guidance. In addition to this, we ensure that the content of these lessons is tailored to the needs of our pupils, ensuring that issues around emotional wellbeing are delivered in a relevant, appropriate and sensitive manner.

Worry Monsters

Each class has their own worry monster. Pupils are encouraged to write down their worries and have options for the support they would like to access. The options available are:

- ✓ Speak to class teacher
- ✓ Speak to teaching assistant
- ✓ Speak to wellbeing mentor
- ✓ Speak to wellbeing lead
- ✓ Discuss in circle time (anonymously)

Classroom staff check the worry monsters on a daily basis. Requests to speak with the Wellbeing Mentor or Wellbeing Lead are passed on each day. The Wellbeing Mentor or Wellbeing Lead will then notify the pupil of a time that they will be able to speak with them about their worries. If a pupil requests to speak with a member of their classroom staff, the staff member will find an appropriate moment to speak with the pupil regarding their worry. If a pupil has decided that they would like their worry discussing during circle time, the class teacher will ensure that this is done in a sensitive manner which does not identify the pupil.

Targeted Support

The academy will offer support through targeted approaches for individual pupils or groups that may include:

- ✓ Additional worry monsters
- ✓ Circle time approaches
- ✓ Opportunities to speak with the wellbeing mentor/wellbeing lead
- ✓ Friendship and social skills interventions
- ✓ Lego Therapy
- ✓ Feelings interventions such as Box full of feelings
- ✓ Talkabout
- ✓ Emotional skills intervention
- ✓ 1:1 or small group (pod) support delivered by Compass Go
- ✓ Fortis therapy
- ✓ ELSA based interventions

Signposting

Our academy website has a specific wellbeing area that clearly identifies sources of support. Staff can signpost parents, carers and pupils to a member of the academy wellbeing team for further signposting.

Identifying needs

All class-based staff receive ~~regular~~ training to identify situations which may be indicative of a mental health difficulty including:

- ✓ Attendance
- ✓ Punctuality
- ✓ Relationships
- ✓ Family circumstances
- ✓ Bereavement and grief
- ✓ Approach to learning
- ✓ Physical indicators
- ✓ Health indicators

Staff CPD highlights specific warning signs indicative of mental health difficulties including:

- ✓ An increase in lateness or absenteeism
- ✓ Changes in eating
- ✓ Changes in sleeping habits
- ✓ Changes in mood and enjoyment of activity
- ✓ Expressing feelings of failure
- ✓ Repeated instances of feeling unwell such as nausea with no apparent cause

- ✓ Becoming withdrawn
- ✓ Suicidal ideation

Working with parents and carers

In order to support parents, carers and their wider families we will:

- ✓ Signposting to sources of support about mental health and emotional wellbeing on our academy website
- ✓ Allow parents to share and access sources of further support through the website wellbeing forum and direct contact with staff via telephone and face to face appointments
- ✓ Ensure that parents know who they can speak to within the academy to access sources of support
- ✓ Ensure that the mental health and wellbeing policy is freely available on the academy website
- ✓ Share ideas for promoting positive mental health and wellbeing within the home
- ✓ Keep parents up to date regarding mental health and wellbeing topics and events taking place within the academy

Working with other agencies and partners

As part of our mental health and wellbeing provision, we work alongside a variety of external agencies to co-ordinate a targeted approach to support pupils. These agencies include:

- ✓ The school nurse
- ✓ Compass Go
- ✓ Educational psychology services
- ✓ Paediatricians
- ✓ Young Minds Matter
- ✓ Fortis Therapy

Staff CPD

As a minimum, all staff receive ~~regular~~ training to ensure that they are able to recognise and respond to mental health issues to ensure the safety of all members of the academy community. In addition to this, staff with a specific mental health role within the academy or those with a particular interest are able to complete additional training. Training opportunities will also be considered to meet the needs of specific pupils within the academy.

Policy reviewed: September 2026

Approved by the Governing Body on: 12th November 2026

Next review date: September 2028