



Name of Policy:

Pupil Wellbeing Policy

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Purpose of the policy

This policy sets out:

1. How we promote positive mental health
2. How we prevent mental health issues
3. How we identify and support children with mental health needs
4. How we train and support all staff to understand mental health issues and spot early warning signs to help prevent or address mental health problems
5. Key information about some common mental health problems
6. Where parents, staff and children can get further advice and support

Definition of mental health and wellbeing

We use the World Health Organisation's definition of mental health and wellbeing:

"A state of well-being in which every individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community".

Mental health and wellbeing is not just the absence of mental health issues. We want all children/young people to:

- feel confident in themselves
- be able to express a range of emotions appropriately
- be able to make and maintain positive relationships with others
- cope with the stresses of everyday life
- manage times of stress and be able to deal with change
- learn and achieve

Rationale

At Wallace Fields Junior School, we are taking a whole school approach to Health and Wellbeing education based on the following:

'Health is the extent to which an individual or group is able, on one hand, to realise aspirations and satisfy needs and, on the other hand, to change or cope with the environment. Health is, therefore seen as a resource for everyday life, not an object of living; it is a positive concept emphasising social and personal resources, as well as physical capabilities.' World Health Organisation (WHO), 2000.

At Wallace Fields Junior School, we aim to promote positive mental health and wellbeing for our whole school community (children, staff, parents and carers), and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health. We recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement. All children go through difficulties during their school career and some face significant life events.

The Department for Education (DfE) recognises that: "in order to help their children succeed; schools have a role to play in supporting them to be resilient and mentally healthy".

Schools can be a place for children and young people to experience a nurturing and supportive environment that has the potential to develop self-esteem and give positive experiences for overcoming adversity and building resilience. For some, school will be a place of respite from difficult home lives and offer positive role models and relationships, which are critical in promoting children's wellbeing and can help engender a sense of belonging and community.

Aims

Our school aims to enable our children, staff and everyone working in partnership with the school to develop the knowledge and understanding, skills, capabilities and attributes necessary for mental, emotional, social and physical wellbeing now and in the future.

We aim to:

- Plan and deliver a coherent and curriculum based health and wellbeing
- Provide a supportive and encouraging atmosphere for children, staff and parents/carers
- Continue to develop our relationships with pupils, parents/carers and the wider community
- Work closely with outside agencies to encourage a wide range of health related activities
- Further develop school policies and procedures to promote health and wellbeing
- Ensure all members of staff are aware of their professional roles in health related issues and are involved in developments to promote healthy living

Our role in school is to ensure that children are able to manage times of change and stress, and that they are supported to reach their potential or access help when they need it. We also have a role to ensure that children learn about what they can do to maintain positive mental health, what affects their mental health, how they can help reduce the stigma surrounding mental health issues, and where they can go if they need help and support.

Our aim is to help develop the protective factors which build resilience to mental health problems and to be a school where:

- All children are valued
- Children have a sense of belonging and feel safe
- Children feel able to talk openly with trusted adults about their problems without feeling any stigma
- Positive mental health is promoted and valued
- Bullying is not tolerated

In addition to children's wellbeing, we recognise the importance of promoting staff mental health and wellbeing.

Learning and Teaching

'Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes and dispositions.' (Building the Curriculum 1)

Our school will:

1. Develop our relationships with pupils, parents/carers and the wider community.
2. Actively promote self-esteem of the whole school community, including staff.
3. Engage and work with parents and carers to provide all children with positive experiences that promote and protect their health.
4. Promote the health of all the school community.
5. Provide a range of stimulating experiences for all pupils.
6. Work closely with outside agencies to encourage a range of health related activities.

Roles and Responsibilities

All staff will actively support, contribute and be involved in the promotion of good health and participate in staff development when the opportunities arise. The Management Team is responsible for monitoring and overseeing the promotion of health in the school.

Working in partnership with parents

At Wallace fields Junior School, we understand and value the need to work closely with parents and carers to ensure that the school's health initiatives meet the needs of our pupils.

We value the important contribution made by parents and appreciate the need to engage parents and families in improving the health of their children. We seek to establish and maintain strong positive links with both the parents and the community.

Our Wellbeing Policy is available to parents on our school website.