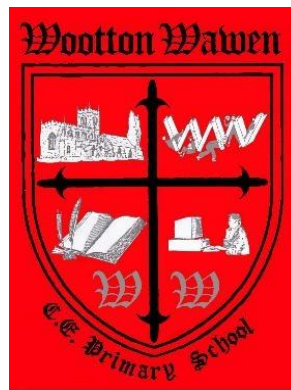


Wootton Wawen C of E Primary School Mental Health and Well-being Policy



This policy was approved by the Full Governing Body and supersedes any previous policy. The policy has been developed by the Staff and governors. It will be reviewed every three years or earlier if needed. Any amendments will require the approval of the Full Governing Body.

APPROVAL BODY	Full Governing Body
APPROVAL DATE	February 2022
REVIEW DATE	February 2025
Head of School	
CHAIR OF GOVERNORS	

Introduction

'In order to help their children to succeed; schools have a role to play in supporting them to be resilient and mentally healthy.'

The Department of Education (DFE)

The World Health Organisation defines mental health and wellbeing as:

'A state of well-being in which every individual realises his or her 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.'

Overview

Mental Health affects all aspects of life and behaviour including learning. At Wootton Wawen Primary School, we are committed to promoting and nurturing positive mental health and well-being to all pupils, their families, members of staff and governors.

Our Aim

At Wootton Wawen Primary School we aim to:

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships
- promote self-esteem and ensure children know that they count
- encourage children to be confident and 'dare to be different'
- help children to be persistent even when faced with challenges
- help children to develop emotional resilience and to manage setbacks
- help children to cope with everyday life
- help children to develop a 'Growth Mindset'
- help all children learn and achieve

The purpose of this policy is to improve pupil outcomes by developing:

- Resilient, happier and more motivated pupils and staff who get more out of life
- 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 who are 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
- More engaged learners
- Good concentration, behaviour and attendance
- Positive peer relationships Staff Confidence and Development
- High morale
- Staff with high wellbeing leading to lower absenteeism

- Stable, content and consistent workforce
- Positive and effective relationships with pupils

Strategies

To encourage and support the whole school community to be positive in its approach to mental health and wellbeing. Issues around mental health and well-being will be taught explicitly through the curriculum where relevant for example during PSHE lessons but perhaps the most powerful tool for the continual promotion of positive mental health and wellbeing is through our shared ethos and values.

As a school we will:

- Provide a safe environment to enable children and staff to express themselves and be listened to.
- Promote knowledge and understanding of both internal and external support services.
- Provide guidance and support to all those connected with the organisation to help them develop confidence in their ability to manage mental health and emotional wellbeing.
- Provide appropriate training and information to staff and governors on mental health and emotional wellbeing.
- Have a named Mental Health and Wellbeing Champion who is responsible for coordination and delivery of the school's mental health and emotional wellbeing strategy.
- Seek to integrate mental health and emotional support across the curriculum.
- Keep this policy under review and make changes when legislation and best practice requires.
- Promote a culture which supports and encourages members of the community to feel confident in discussing issues around mental health and well-being.
- Provide a framework for responding appropriately to mental health wellbeing.
- Recognise that staff have the responsibility to alert others to potential and actual indicators of mental health needs and to take this action whenever necessary. For pupils, through use of the Strengths and Difficulties Questionnaire (SDQ) and for staff, via their line manager or the Senior Leadership Team.
- Co-operate with other organisations involved in the delivery of mental health and emotional support services.
- Observe the principles of confidentiality and data protection in respect of mental health and emotional wellbeing.

Our Mental Health and Wellbeing Champion is currently **Ann Bradshaw** who is a qualified Mental Health First Aider.