



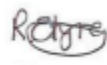

St Mary's C of E Primary School

'Dream, Believe, Achieve!'

'With God, all things are possible.' Matthew 19:26

Mental Health and Emotional Wellbeing Policy

'Come to me, all you who are weary, and I will give you rest.'
Matthew 11:28

Policy Date:	November 2024
Policy Review:	November 2025
Signature of Headteacher:	
Ratified by Governors-Date:	November 2024
Signature of Chair:	

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Vision Statement and Mission

School Vision Statement	At St Mary's, we are passionate about creating a culture of resilience, positive wellbeing and mental health and are committed to working together with pupil, staff and parents to help build a healthy, calm and happy school
Mission Statement	Our mission is to create an environment that promotes emotional wellbeing and allows everyone to dream, believe, achieve and flourish in our school community.

Policy Statement

We are committed to supporting the emotional health and wellbeing of our pupils and staff.

We have a supportive and caring ethos and our approach is respectful and kind, where each individual and contribution is valued. At our school we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

At St Mary's C of E Primary School we:

- help children to understand their emotions and feelings better
- encourage children to share any concerns or worries
- help children socially to form and maintain relationships.
- promote self-esteem and confidence
- help children and staff to develop emotional resilience and to manage setbacks.

We promote a mentally healthy environment by:

- Promoting our school values, the Christian values and encouraging a sense of belonging.
- Promoting pupil voice and opportunities to participate in decision-making
- Celebrating academic and non-academic achievements
- Providing opportunities to reflect, and to express emotion in a productive, constructive way
- Signposting to relevant support networks

Scope

This policy should be read in conjunction with our SEND policy in cases where pupils mental health needs overlap with these. This policy should also be read in conjunction with policies for Behaviour and Anti-bullying, and PSHE policies. It should also sit alongside safeguarding and child protection procedures.

Supporting Pupils with their Mental Health and Emotional Wellbeing

Lead Members of Staff

Whilst all staff have a responsibility to promote the mental health of students, staff with a specific, relevant remit include:

- Mrs Rachel Ayres – Head Teacher
- Mr Jeff Bond – Wellbeing Coordinator
- Mrs Alex Nethercot – SENCO
- Mrs Sam Perkins – Family Support Worker

Teaching St Mary's Pupils About Emotional Wellbeing and Mental Health

The skills, knowledge and understanding needed by our students to keep themselves mentally healthy and safe are included as part of our developmental PSHE curriculum.

Teachers are given the opportunity to develop their own skills and confidence in delivering mental health and emotional wellbeing teaching through Continuing Professional Development. The Wellbeing Coordinator will keep staff well informed and disseminate relevant training across all key staff.

Various initiatives across the school will indirectly encourage pupils to think about their own wellbeing and mental health, and that of others, including the feelings boxes, yoga and meditation and class discussions. The school will make use of resources to assess and track wellbeing as appropriate.

Identifying Pupil Needs and Warning Signs

School staff may become aware of warning signs which indicate a student is experiencing mental health or emotional wellbeing issues.

Possible warning signs include:

- Changes in eating / sleeping habits
- Becoming socially withdrawn
- Changes in activity and mood
- Talking or joking about self-harm or suicide
- Expressing feelings of failure, uselessness or loss of hope
- Repeated physical pain or nausea with no evident cause
- An increase in lateness or absenteeism

*Also see Risk Factors document for further warning signs.

These warning signs should always be taken seriously and staff observing any of these warning signs should communicate their concerns with the designated safeguarding officer or the emotional wellbeing lead as appropriate.

We will ensure that staff, pupils and parents are aware of what support is available within our school and how to access further support by having posters up around school, featuring key information in newsletters and keeping the wellbeing pages of the school website up to date.

Working with Others

Working with Parents

We are committed to working with parents in order to ensure the protection of pupil emotional wellbeing and mental health. In order to support parents we will:

- Highlight sources of information and support about mental health and emotional wellbeing on our school website
- Share and allow parents to access sources of further support e.g. through parent forums.
- Ensure that all parents are aware of who to talk to, and how to get about this, if they have concerns about their child.
- Make our emotional wellbeing and mental health policy easily accessible to parents
- Share ideas about how parents can support positive mental health in their children.
- Keep parents informed about the mental health topics their children are learning about in PSHE and share ideas for extending and exploring this learning at home.

Working with other agencies and partners

As part of our targeted provision the school will work with other agencies to support children's emotional health and wellbeing including:

- The school counsellor
- Educational psychology services
- CAMHS (child and adolescent mental health service)
- Family support worker
- The Local Authority
- Play Therapist