



## **Kingsley St John's CE Aided Primary School**

### **Mental Health and Wellbeing Policy**

Our school is committed to the Cheshire West and Chester Our Ways of Working procedures. We adhere to consideration and thought to adverse childhood experiences and respond to all behaviours with this approach. Our approach is based on an unconditional positive regard for every child, who will be nurtured and taught as one of God's children. Children living life in all its fullness is a non-negotiable aspect of our provision, curriculum and existence.

#### **Defining mental health**

Mental Health is “the emotional and spiritual resilience which enables us to enjoy life and survive pain, suffering and disappointment. It is a positive sense of wellbeing and an underlying belief in our and others dignity and worth. It is influenced by our experience and our genetic inheritance.” (World Health Organisation)

Mental health affects all aspects of life and behaviour.

#### **Who is covered by this policy?**

This policy applies to all pupils who attend, and all staff who work at Kingsley St John's CE Aided Primary School irrespective of role. This policy encourages the mental health and wellbeing for all staff and children.

#### **Context and Rationale**

Mental Health and Wellbeing promotes school success and improvements by:

- Promoting positive mental and emotional wellbeing by providing information and support.
- Creating a shared understanding of all aspects of mental health
- Enabling those with mental health related issues to self-disclose and seek support in a safe confidential manner.

- Offering guidance and strategies to support pupils and staff to be mentally healthy
- Creating a culture to support and maintain positive mental health and wellbeing.

### **Aims of the policy**

The purpose of this policy is to have:

- 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
  - High morale
  - Staff with high wellbeing leading to lower absenteeism
  - Stable, content and consistent workforce
  - Positive and effective relationships with pupils

Kingsley St John's CE Aided Primary School is committed to promoting the mental health and emotional wellbeing of pupils and staff.

In order to do so the school will:

- Encourage and support the whole school community to be positive

in its approach to mental health wellbeing.

- 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 on mental health and emotional wellbeing.
- Have named Resilience and Wellbeing Champions on staff who are the contact point at Rushey Mead and who are 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. Addressing Needs (mechanisms to support children and staff)
- Promote a culture which supports and encourages self disclosure.
- 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 our CPOMS system 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.

#### Strategies

- Our way of Working procedures
- Walk and Talk opportunities daily
- My Happy Mind
- Drawing and Talking Therapy Services

- ELSA
- Thought Busters
- Socially Speaking
- Friendship supports
- Hot Chocolate Fridays
- Celebration Worship
- Mrs Jones Meet and Greet morning and Afternoon
- Strong, positive and respectful relationships

Policy due for review in May 2024.