



Mental health and well-being policy

Date of policy November 2019

Context and rationale

We are all becoming more aware of the impact of childrens' emotional well-being on their attendance and achievement at school. It's very important for everyone working at Anns Grove to support children and adults when they face challenges in their lives and we have access to training and resources to help us to help you and your child.

Our vision is to be a mentally healthy school with a whole-school approach to mental health and wellbeing. We are a school that helps children flourish, learn and succeed by providing opportunities for them, and the adults around them, to develop the strengths and coping skills that underpin resilience. We see positive mental health and wellbeing as fundamental to our values and culture. Mental health and wellbeing is seen as 'everybody's business' at Anns Grove.

Our school community is one where children can enjoy a welcoming, secure, happy and healthy environment, where everyone in our community can develop self-confidence, self-esteem, self motivation, independence, compassion, tolerance and understanding of others. We know that everyone will experience life challenges that can make us vulnerable and at these times anyone may need additional emotional support. We aim to step in and provide additional support and nurture where we see increased need.

At Anns Grove Primary School we support positive mental health and well-being in the whole of our school community and other policies support this work including;

- Safeguarding and child protection policies
- Staff well- being initiatives and procedures
- Equality policy
- Online safety policy
- SEN Policy
- Behaviour policy
- PSHE scheme of work

Through our school ethos and vision statement;

At Anns Grove we

- **aim high, dream big and do everything to the best of our ability,**
- **promote sportsmanship, school spirit and pride in our school,**
- **develop a strong sense of identity, value our community and contribute to it,**
- **share our cultural backgrounds and learn how to live harmoniously and prosper in our multicultural community,**

because at Anns Grove, WE SHINE TOGETHER

Aims of the policy

- Promote inclusion, enhance teaching and learning, raise standards, improve behavior and attendance
- Ensure pupils and staff feel happy, confident and motivated
- Engage pupils in learning and support concentration skills
- Develop resilience of pupils and staff
- Develop self-esteem and self-worth

- Remove any negativity around mental ill health

The **Governing Body** will;

- Be aware of this policy and the schools work in mental health and well being
- Dedicate a governor committee to staff well-being
- Monitor the work of the school in supporting pupils mental health and well-being

The **Head teacher** will ensure that all staff are aware of the policy and adhere to it.

School staff will;

- Attend training about emotional health and well-being in staff meetings or directly with CAMHS
- Staff will use the Student Wellbeing Resource updated November 2019 as a guide to support for wellbeing
- Teach children about mental health and well-being strategies through the PSHE curriculum
- Uphold the anti-bullying culture in school, report and deal with all incidents of bullying following school policy and procedure
- Teach children about good mental health and what to do to stay mentally healthy
- Promote positive attitudes towards mental health and illness
- Support pupils who find unstructured times of the day difficult by providing positive play activities and friendship support

At our school we help children to;

- Understand and manage their emotions and feelings
- Feel comfortable sharing concerns and worries
- Form and sustain friendships and relationships

All staff will;

- Promote self-esteem and ensure children know they are valued in our school
- Encourage children to be confident, resilient and teach them how to manage set backs

We promote mental health and well-being through:-

- Promoting our school values and building a strong sense of belonging to our school community
- Listening to pupil voice and providing opportunities for children to be involved in decision-making
- Celebrating the achievements of everyone in our community
- Developing a sense of self-worth by taking responsibility for ourselves and others
- Ensuring access to support and additional services that meet needs
- Specific teaching through our PSHE curriculum and assemblies
- Using whole school approaches
- Supporting pupils going through recent difficulties including bereavement
- Engaging specialised, targeted approaches for pupils with more complex or long term difficulties including attachment needs
- Offering a wide range of after school activities at reduced or no cost to all pupils
- Educational and residential visits
- Celebrating success every week in assemblies and at the end of term
- Golden Time rewards for all children who remain 'Green' during each week
- Strong pastoral support for pupils across the school including monitoring of incidents and events on CPOMS
- Intervening in a timely way to offer support and prevent escalation
- Referring to other agencies quickly where needed

- Attending and contributing to meetings with outside agencies in order to support children and families
- Providing a bespoke curriculum and interventions including lego therapy and nurture groups

Lead members of staff:

Sam Fearnough – Head teacher

Wendy Roberts – Learning mentor

Catherine Needham - SENDCo