

Mental Health & Wellbeing Policy

Reviewed September 26

School Vision

We shine like stars to achieve and make a difference in the world, knowing that with God, all things are possible.



Policy for Promoting Positive Mental Health

At Aspull Church Primary School we believe that wellbeing matters, it determines life and learning outcomes. Mental health and wellbeing are at the heart of our school. We aim for all our adults and children to feel content, secure and safe using whole school approaches to promote better mental health and create the right climate for a positive wellbeing culture.

Principles:

We aim to create an environment where pupils and staff feel happy, safe and secure. Every member of the school community is valued, respected, treated fairly and consistently. We foster positive and caring attitudes. We promote good relationships so that all can work together with the common purpose of helping everyone achieve their potential.

Mental health is how we feel, how we think and how we behave. Mental Health Promotion for children and is everybody's business. Here at Aspull Church Primary School, we recognise that all children and adults need the foundation of positive mental health to benefit fully from all of the opportunities available to them.

It is about:

- being able to form and develop relationships with others
- being adaptable to change and other people's expectations
- being able to have fun
- being open to learning
- being able to develop a sense of right and wrong

- being able to develop the resilience to face challenges

All children and adults need to:

- be able to connect with others by participating in groups and teams
- know they are capable and able to achieve
- know they count in their world and can contribute to their community
- know they have courage and can manage risks appropriately

Everyone experiences life challenges that can make us vulnerable. At times, anyone may need additional support to maintain or develop good mental health.

The mental health of children and adults in school, parents and carers and the wider whole school community will impact on all areas of development, learning, achievement and experiences. All children have the right to be educated in an environment that supports and promotes positive mental health for everybody. Adults have the right to work in an environment that supports and promotes positive mental health for all.

Aspull Church Primary School offers a learning environment that promotes and enhances positive mental health. A consistent approach means that the school environment and school ethos all promote the mental health of the whole school community.

Healthy relationships underpin positive mental health and have a significant impact.

A mentally healthy environment has:

- a clear and agreed ethos and culture that accords value and respect to all
- a commitment to being responsive to children and young people's needs
- clearly defined mental health links in school policies
- clear guidelines for internal and external referrals
- strong links with external agencies to provide access to support and information
- a named lead for mental health promotion with the expectation that there is support and involvement and an ethos that 'mental health is everyone's business'

A mentally healthy environment is a place where children and young people:

- have opportunities to participate in activities that encourage belonging
- have opportunities to participate in decision-making
- have opportunities to celebrate academic and non-academic achievements
- have their unique talents and abilities identified and developed

- have opportunities to develop a sense of worth through taking responsibility for themselves and others
- have opportunities to reflect
- have access to appropriate support that meets their needs
- have a right to be in an environment that is safe, clean, attractive and well cared for
- are surrounded by adults who model positive and appropriate behaviours, interactions and ways of relating at all times

A mentally healthy environment is a place where staff:

- have their individual needs recognised and responded to in a holistic way
- have a range of strategies that support their mental health, e.g. a named person to speak to, signposting
- have recognition of their work-life balance
- have the mental health and well-being of the whole staff reviewed regularly
- feel valued and have opportunities to contribute to decision-making processes
- celebrate and recognise success
- are able to carry out roles and responsibilities effectively
- are provided with opportunities for CPD both personally and professionally
- have their unique talents and skills recognised and opportunities are provided for development
- have time to reflect
- can access proactive strategies and systems to support them at times of emotional needs in both the short term and the long term

A mentally healthy environment is a place where parents/carers:

- are recognised for their significant contribution to children and young people's mental health
- are welcomed, included and work in partnership with schools and agencies
- are provided with opportunities where they can ask for help when needed
- are signposted to appropriate agencies for support
- are clear about their roles and expectations of their responsibilities in working in partnership with schools
- opinions are sought and valued and responded to
- strengths and difficulties are recognised, acknowledged and challenged appropriately

A mentally healthy environment is a place where the whole school community:

- is involved in promoting positive mental health
- is valued for the role it plays in promoting positive mental health
- contributes towards the ethos of the school

Lead Members of Staff:

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

- Designated Safeguarding Leader – Mr H Smout
- Deputy safeguarding Leads – Mrs J Lynch, Mrs A Clarke and Mrs H Vaal
- Inclusion Manager – Mrs E Harper
- PSHE Leader – Mrs S Waller
- Safeguarding Governor – Mrs K Rigby

Any member of staff who is concerned about the mental health or wellbeing of a pupil should speak to a Designated Safeguarding Leader in the first instance. If there is a fear that the pupil is in danger of immediate harm, then the normal child protection procedures should be followed in line with the Trust's Child Protection and Safeguarding Policy.

If the pupil presents a medical emergency, then the normal procedures for medical emergencies should be followed, including alerting the first aid staff and contacting the emergency services if necessary.

Where a referral to an outside agency is appropriate, this will be led and managed by the Inclusion Manager, as appropriate.

We provide opportunities that promote positive mental health, through the standard curriculum and extended provision, e.g. Worship, Circle Time, R Time, SEAL, PSHE, Heartsmart sessions, a well-balanced PE & sport provision, play, nurture groups, differentiated learning activities and visual timetables.

The implementation of the policy for promoting positive mental health in schools:

- will give schools a cohesive and co-ordinated approach to mental health
- should underpin all policies and practices currently used in schools
- will raise awareness as to how the whole school community can look after their own mental health and that of others
- will help to de-stigmatise mental health
- will support people and provide opportunities that enable everyone to reach their potential
- will strengthen relationships and provide opportunities for different ways of working
- will provide foundations for life-long learning
- will promote and strengthen resilience throughout the whole school community and empower everyone to face life's challenges

At Aspull Church Primary School, our work to promote positive mental health, well-being and resilience for all children includes:

- Access to 'Wellbeing' area. This is a quiet space where children can pray, reflect, read, complete work or just have some time out.
- 'Wellbeing sessions' this may include: mindfulness activities, sporting activities or general learning sessions.
- Activities linked to the arts. This is linked to the NHS five ways to wellbeing.
- A daily 'emotional check in' system to ensure the emotional needs of all children are met. It is an open way to discuss different emotions and how we can deal with them.
- Access to a 'visual timetable.' This shows children what learning is taking place across the day in a visual way. The use of this also helps children who need to have clear structure and expectations.
- 'Listening Benches' these are benches which children can sit on if they ever need some time out; feel sad, upset, worried or want someone to play with or talk to. By sitting on this bench, it shows an adult and other children that they may be in need of some support.
- Access to 'pastoral support' when needed.
- All children have access to the school library.
- 'Growth Mindset approaches' – As a school, we aim for all children to be resilient learners. We teach and promote Growth Mindset based on the work of Professor Carol Dweck. This is to encourage the children as learners to be open to new experiences and not to be afraid to try and fail. We want children to embrace challenge and see effort as the path to success. As a school, we believe successful individuals love learning, value effort and persist in the face of obstacles. We want our children to develop a growth mindset and believe that anything is possible with the right attitude to learning. (With God, all things are possible.) We believe passionately that every child can succeed and flourish and achieve their potential. Growth mindset is built into daily learning and all classrooms use a 'learning pit' to enable children to understand their learning journey and know how to support their peers when they are struggling with their learning i.e. 'in the pit.'
- Access to specialist Workshops – External partners are invited to school to support the teaching of Mental Health and Wellbeing and being safe.
- Examples include Worry Wizards, Coram SCARF and Wigan Healthy Lifestyles Team.
- Wellbeing Warriors will strive to ensure all of our school community are aware of our mission to support wellbeing and make it a top priority for all.

Measuring impact:
This policy offers opportunities to measure the impact in a variety of ways, e.g. school's ethos, staff well-being, feedback from the whole school community, number

of external referrals, improved relationships, children and young people feeling empowered.

The promotion of positive mental health for children and young people is everybody's business.

Senior mental Health Lead: Mr H Smout