

**St Kenelm's
C of E Primary School**



**Mental Health & Wellbeing
Policy**

September 2020

Respect, Honesty, Friendship, Compassion, Thankfulness, Wisdom

Our Vision, Values and Ethos

Our Vision

Nurturing each and all. Guiding, Trusting, Inspiring and Celebrating.

(The Parable of the Lost Sheep, Matthew 18. 10-14)

Our vision is to celebrate and support all individuals on their life journey within a Christian ethos. We aim to provide a nurturing environment inspiring all to achieve their full potential and flourish through personal discovery within a caring, trusting community.

Our Values

Respect, Honesty, Friendship, Compassion, Thankfulness & Wisdom.

Values are fundamental expressions of what we think and believe. As a school we encourage children to think about personal and social values and to develop their capacity to be active and effective citizens.

Our Ethos

St Kenelm's School demonstrates the major Christian values in the ways children are cared for and in the care and respect the children are expected to show towards all other people, the world beyond the school and their immediate surroundings. As a school, we celebrate the diversity of the wider community and are committed to the principles of inclusion and equal opportunity.

Being kind, helpful and tolerant to each other in line with New Testament teaching underpins the school's ethos.

Following Jesus, our Good Shepherd, our hope is that children will grow into good shepherds themselves; treating each other with love, kindness, care and respect, as they would want to be treated themselves.

MENTAL HEALTH AND WELLBEING POLICY

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

Introduction

Why mental health and well-being is important

Research by the mental health foundation has shown that mental health problems affect about 1 in 10 children and young people. Statistics show that 70% of children who experience a mental health problem have not had support at an early age or the opportunity to build and develop their resilience. As a school, we recognise the need to intervene early and to support our pupils emotional well-being and mental health.

The Department for Education (DfE) recognises that, “in order to help their children succeed; schools have a role in supporting them to be resilient and mentally healthy”. Schools can be a place for children and young people to experience a nurturing and supportive environment that has the potential to develop self-esteem and give positive experiences for overcoming adversity and building resilience. The Church of England Vision for Education: Deeply Christian, Serving the Common Good, also emphasises how nurturing the health and well-being of pupils is a key feature of holistic education.

At St Kenelm’s Primary School, we aim to promote positive mental health and well-being of every member of our school community and recognise how important mental health and well-being is to our lives, as is physical health. We recognise that children’s mental health and overall well-being can affect their learning and achievement.

A key aspect of our role is to ensure that children are able to manage times of change and stress, and that they are supported to reach their potential or access help when they need it. We also have a role to ensure that children learn about what they can do to maintain positive mental health, what affects their mental health, how they can help reduce the stigma surrounding mental health issues, and where they can go if they need help and support.

Our aim is to help develop the protective factors which build resilience to mental health problems and to be a school where:

- All children are valued
- Children have a sense of belonging and feel safe
- Children feel able to talk openly with trusted adults about their problems without feeling any stigma
- Positive mental health is promoted and valued
- Bullying is not tolerated

Who is covered by this Policy?

This policy applies to all pupils who attend, and all staff who work at St Kenelm's 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

General:

- Promote positive mental health and well-being of all staff and students
- To promote an open culture which increases understanding and awareness of common mental health issues
- Increase understanding and awareness of common mental health issues
- Provide support to staff in the workplace
- Provide support to staff working with young people with mental health issues
- Provide support to students suffering from mental health and their peers and parents or carers.

Teaching and Learning:

We want all children/young people to:

- Be effective and successful learners
- Make and sustain friendships
- Deal with and resolve conflict effectively and fairly
- Solve problems with others for themselves
- Manage strong feelings such as frustration, anger and anxiety
- Be able to promote calm, optimistic states that support the achievement of goals
- Recover from setbacks and persist in the face of the difficulties
- Work and play cooperatively
- Compete fairly and win and lose with dignity and respect for other competitors
- Recognise and stand up for their rights and the rights of others
- Understand the differences and commonalities between people, respecting the rights of others to have beliefs and values different from their own

- 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, staff and parents

Policy Statement

- **Promote Mental Health and Wellbeing (Prevention):**
 - 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.
 - 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.

Our school's Christian character contributes to the personal development and well-being of all. The Christian vision of the school, "Nurturing each and all. Guiding, Trusting, Inspiring & Celebrating" supports the well-being of pupils by helping the pupils to develop their spiritual growth and moral understanding.

PSHE

Positive well-being is promoted through the PSHE curriculum and circle time which teaches children about well-being and mental health. The PSHE curriculum covers feelings and social skills which have an impact on well-being and mental health:

- New beginnings
- Getting on and falling out
- Going for goals
- Good to be me
- Relationships
- Change

In addition, whole school and class assemblies and circle time sessions are used to further develop the pupils' knowledge of strategies.

Working in partnership with parents

At St Kenelm's Primary, we value and understand the need to work closely with parents and carers to ensure that the school's health initiatives meet the needs of our pupils. We value the important contribution made by parents and appreciate the need to engage parents and families in the health of their children. We seek to establish and maintain strong positive links with both the parents and the community.

Addressing Needs (mechanisms to support children and staff)

- Promote a culture which supports and encourages self-disclosure.
- 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.
- 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.

Policy Links

This policy is to be read in conjunction with the following other policies and documents:

- SEND Policy
- Behaviour Policy
- Safeguarding Policy
- Anti-Bullying Policy



Signed on behalf of the school:



Signed on behalf of the governors:

Date: October 05.10.20

Date to review: October 2022