

English Martyrs RC

Primary School



Mental Health and

Wellbeing Policy 2024-2025

## **Introduction**

At English Martyrs', we believe that our children need to develop academically, socially and emotionally in order to develop into happy and healthy members of the community. We want our children to grow in confidence and happiness throughout their time here, and beyond. We aspire to promote positive mental health and wellbeing for all members of our school community, and recognise that mental health and wellbeing is just as important in our lives as physical health.

## **Why mental health and wellbeing is important**

Children's mental health is a vital factor in their overall wellbeing and influences their cognitive development and learning, as well as their physical and social health and their mental wellbeing in adulthood. In 2020, mental health problems affect around 1 in 10 children, including depression, anxiety and conduct disorder. This is often a direct response to what is going on in their lives and can affect their learning and achievement. It is recognised by the Department of Education that in order to help their pupils succeed: schools have a role to play in supporting them to be resilient and mentally healthy.

## **Our role**

At English Martyrs', it is our role 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 responsibility 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.

## **Aims**

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

- All children know they are valued.
- Children have a sense of belonging and feel safe.
- There is a pleasant school environment which is clean, comfortable and engaging.
- Children feel able to talk openly with trusted adults about their problems without feeling any stigma.
- Pupils can concentrate and learn well, are engaged in the learning process and enjoy contributing to school life.
- Positive mental health is promoted and valued.
- Bullying is not tolerated.
- Children have high self-esteem and confidence
- In addition to children's wellbeing, we recognise the importance of promoting staff mental health and wellbeing.

### **Staff Confidence and Development**

- Excellent morale
- Positive pupil relationships
- Excellent and effective teaching
- High attendance

### **Support for Mental Health and Wellbeing**

**We provide a range of support to our pupils:**

- Our own pastoral worker with experience in nurture and behaviour support.
- Welcome days and transition events.
- Brilliant Schools workshops which uses positive psychology, wellbeing, strengths, character education, growth mindsets, mindfulness, CBT, resilience and human flourishing to develop Children's Mental Health .
- Staff have a focus on emotional wellbeing and resilience.

- Support from external organisations such as CAMHS, CYPS, NSPCC, Operation Encompass, Kooth, Brilliant Schools.
- An RE curriculum which focuses on moral and spiritual growth.
- Collective Worship, assemblies, Sacraments and Mass.
- Circle time and PSHE lessons.
- Mindfulness opportunities.
- Whole school activities such as workshops, pantomimes and Rock Band.
- Extra-curricular activities such as football, gardening, booster, etc.
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**The school promotes an anti-bullying culture through:**

- An Anti-Bullying team who are made up of a cross section of the school, with the responsibility of being Friendship Buddies during school.
- A strong school ethos which emphasises tolerance and respect for all pupils.
- School assemblies which praise 'Star of the Week, good friends etc.
- High profile of anti-bullying procedures and policy through assemblies, Anti-Bullying team, displays, PHSE lessons and events such as Anti-Bullying Week, workshops and pantomimes, Good to be Me Day.
- School staff are active listeners.
- Kooth (Year 6)

**We encourage and respect pupil voice through:**

- A democratic election of class representatives such as School Council, Anti-Bullying reps.
- School Council meetings with SLT.
- Pupil voice meetings and questionnaires.

**We encourage the involvement of parents/carers in the life and learning of the school through:**

- Class liturgies
- Creative Curriculum days

- Sports and Theme Weeks
- Concerts/Music Events
- Class assemblies and performances
- Parent questionnaires
- Curriculum meetings for SATS etc.
- Regular communication and involvement over pupil progress, behaviour and pastoral issues.

**We encourage staff wellbeing and motivation with:**

- Planning, preparation and assessment time within the school week
- Team structure so that staff work in phase partnerships.
- Mental Health Lead who is trained in Mental Health First Aid.
- An approachable SLT who listen to staff ideas and worries.
- Whole school training events and INSET days.
- Access to appropriate external training.
- Encouraging staff to spend time together eat lunch together and support one another's achievements.

**Staff Responsibilities**

All staff have a responsibility to promote the mental health and emotional wellbeing of pupils.

**Staff with a specific, relevant responsibility include:**

Mrs P. Cornell - Designated Leader for Safeguarding

Mrs A. Pescod-Nominated Deputy for Safeguarding, School Council Lead

Mrs D. Minnican- Safeguarding Governor

Miss A. McMahon- Mental Health and Wellbeing Lead, Mental Health First Aider

Miss K. Clarke- SENCO

## **Child Protection Procedures**

This element of mental health and wellbeing refers to the school's policies which are in place to protect our children from physical and emotional neglect. It also refers to the need for the school to ensure that our curriculum covers how children can get relevant help and stay safe.

If we think it is necessary for us to pass our concerns about a pupil on then we will discuss with the child:

- Who we are going to talk to.
- What we are going to tell them.
- Why we need to tell them.

Staff will then record any concerns on CPOMS and refer to the Safeguarding Lead.

## **Relevant Policies**

The above aspects of mental health and wellbeing are developed in a wide range of school policies. This policy should therefore be read in conjunction with the following policies:

- Attendance Policy
- Anti-Bullying Policy
- Behaviour and Discipline Policy
- Cyber Bullying and eSafety Policy
- Safeguarding Policy
- Special Education Needs Policy