



## **ST JOSEPH'S RC PRIMARY SCHOOL, RAMSBOTTOM**

# **Positive Mental Health and Wellbeing Policy**

### **Mission Statement**

Our school is proud to be part of the Roman Catholic Church in the parish of St Joseph's. Our mission is to serve God, uphold the worth and dignity of every person and enable them to develop their talents. Everything we do is rooted in the values of the Gospel, as we seek to deepen faith, strengthen hope and grow in love in a respectful, safe and happy environment.

### **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 and treated fairly and consistently and 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.

### **Lead members of staff**

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

Designated Mental Health Lead: Mrs E Bolton (Mental Health First Aider) Designated Safeguarding Lead and Head teacher: Mrs E Graves  
Designated Mental Health Governor: Mr M McAndrew

### **Aims**

St. Joseph's R.C. Primary School aims to:

1. Promote positive mental health in all staff and students.
2. Increase understanding and awareness of common mental health issues
3. Promote life skills across the curriculum so that pupils will learn about mental, emotional, social and physical wellbeing.
4. Ensure that the school has a wide range of appropriate policies and strategies in place to ensure that the good health, well-being and mental health of all and that they underpin everything that we do.

### **Strategies**

1. We will appropriately promote the health, wellbeing and mental health of pupils across the subjects of the curriculum taking account of their age and stage.
2. Staff will help pupils to acquire the relevant knowledge and understanding of the human body and how it works and of the social and emotional factors that influence health.
3. To have a 'designated leader' and link governor for mental health with responsibility for the oversight of this policy and strategy for ensuring the mental well-being of all in this school.
4. All staff will encourage pupils to make informed choices and take appropriate decisions to help ensure that they understand the importance of a healthy lifestyle that also promotes good mental health.
5. We will Foster links between school, home and community and appropriate outside agencies so that all are involved in a collective responsibility for promoting good health and good mental health.
6. We will pay attention to the six areas of health and wellbeing across the curriculum, these will include mental, emotional, social and physical and spiritual wellbeing; planning for choices and changes; physical education and physical activity and sport; food and healthy eating; the dangers of substance misuse and relationships and parenthood.
7. We will use the feedback and marking policy and strategy to promote the health and well-being, including the mental health of pupils, staff and all who work in this school.
8. We will ensure that the curriculum, homework, testing and assessment and teaching and learning strategies take account of pupil's well-being and mental health.
9. We will use the stress policy to ensure that the health and well-being including mental health of staff is a priority.
10. We will provide safe and healthy working conditions for all in school.

### **Outcomes**

This school is committed to promoting and maintaining the good health and wellbeing, and mental health, of everyone here and we will work together with parents and the local community and appropriate outside agencies to enable pupils to make healthy informed choices and to promote the health, mental health and well-being of all.

### **Opportunities**

St Joseph's has a multifaceted, proactive approach to supporting our children and their families, including:

- Rewards for positive behaviour and achievement
- Half-termly celebration assemblies
- Half-termly child-led assemblies
- A whole school system of rewards for individuals: head teachers award, class dojos, half termly awards
- Rainbow Room
- Children's Happiness Week
- Daily mindfulness sessions
- Daily mile sessions
- Nurture groups
- Positive growth mindset
- Providing a forum for listening and talking. e.g. circle times, 'come and chat with Mrs B'
- Managing feelings resources e.g. 'feelings faces', 'worry boxes' and 'worry eaters'

- Wild Souls
- Specialist one-to-one teaching assistants who support specific, emotionally vulnerable children;
- Play leaders at dinner times
- Visits from Freddie, our school dog
- A range of health and sporting activities across the curriculum and in after-school clubs;
- Awareness of kindness, friendship days;
- Rainbows.
- Support from the Mental Health Support Team

The school will make use of resources to assess and track wellbeing as appropriate including:

The Boxall Profile

- Emotional literacy scales

If you would like to discuss any of the above, or how we might best support you and your child with their well-being and mental health, please speak with Mrs Bolton (SENCO) or another member of the School Leadership Team.

### **Support for staff**

As a school, we have a number of support mechanisms in place in order to identify and support mental ill-health:

- A school ethos of positivity and resilience
- Open door policy
- Responding to staff needs
- Staff resilience training
- Celebrations of staff achievements
- Sharing good practice in staff meetings
- Little signs of thanks
- Participation in the EFS programme
- Staff consultation on all aspects of school decision-making (where appropriate)
- Regular staff social events
- Staff wellbeing events
- Buddy system

### **Parental Involvement**

We see parental involvement as a vital part of emotional well-health. Regular opportunities exist to promote partnership with parents, including:

- Welcome meeting in September – a chance to meet the staff, find out about the organisation and routines and curriculum in each class
- Parents' Evenings in the Autumn and Spring Terms
- Annual parental questionnaire
- Newsletters
- Involvement in pupil profile plans and reviews for children with special educational needs.
- Inviting parents in to celebrate the children's work

- Inviting parents to Christmas Nativities, Carol Service, Easter Service and End of Year Service
- Regular updates on the school's Facebook account and Tapestry in Reception.

We will make sure our Positive Mental Health and Wellbeing policy is easily accessible to parents.

### **Working with other agencies and partners**

As part of our targeted provision the school will work with other agencies to support children's emotional health and wellbeing including:

- The Mental Health Support Team
- The school nurse
- Educational psychology services
- Behaviour support through
- Paediatricians
- CAMHS (child and adolescent mental health service)
- Counselling services

### **Training**

As a minimum, all staff will receive regular training about recognising and responding to mental health issues as part of their regular child protection training in order to enable them to keep students safe.

Training opportunities for staff who require more in depth knowledge will be considered as part of our performance management process and additional CPD will be supported throughout the year where it becomes appropriate due to developing situations with one or more pupils.

### **Review + other policies**

This Policy will be reviewed in line with the School's Cycle of Policy Review and should be read in conjunction with the school's SEN Policy, Child Protection Procedures and Safeguarding Policy, Anti-bullying Policy, Medical Policy and PSHE Policy.

July 2024