

Mental Health and Well-being Policy

1. Vision Statement

Widey Court Primary School is committed to promoting positive mental health and emotional well-being for all pupils, staff, and members of our school community. We believe that mental health is as important as physical health and vital for learning, resilience, and success in life.

2. Aims and Objectives

- To create a school culture that promotes the mental health and well-being of all.
- To develop an inclusive, supportive environment where children and adults feel safe, valued, and respected.
- To identify and support children and staff experiencing mental health challenges.
- To work in partnership with families, health professionals, and the wider community.
- To raise awareness and reduce stigma surrounding mental health.

3. Key Strategic Priorities

A. Whole School Approach

- Embed well-being into school policies, curriculum, and culture.
- Designate a Well-being Lead and Senior Mental Health Lead.
- Promote consistent messages around mental health through assemblies, displays, and communications.

B. Curriculum and Learning

- Deliver PSHE education using high-quality resources such as Jigsaw or SCARF.
- Include topics like emotional literacy, resilience, mindfulness, and coping strategies.
- Use stories, role play, and creative arts to explore feelings and emotions.

C. Staff Well-being

- Regularly review workload and well-being through staff surveys.
- Provide access to professional development on mental health and resilience.

- Create time and space for peer support, reflection, and staff recognition.
- Offer confidential access to external well-being services.

D. Pupil Support

- Implement a tiered support system:
 - * Universal - School-wide well-being activities, emotional check-ins.
 - * Targeted - ELSA sessions, small group interventions.
 - * Specialist - Referrals to CAMHS, counsellors, or external therapists.
- Use tools like Boxall Profiles and SDQ for early identification.

E. Parental and Community Engagement

- Offer parent workshops on emotional resilience and mental health awareness.
- Communicate regularly via newsletters and the school website.
- Build strong links with local services and charities.

F. Monitoring and Evaluation

- Use surveys to assess impact.
- Include well-being metrics in the school development plan.
- Review strategy annually with stakeholders.

4. Roles and Responsibilities

- Headteacher: Oversee implementation and staff well-being.
- Well-being/Mental Health Lead: Drive initiatives, monitor impact.
- SENCO: Align mental health strategy with SEND provision.
- Governors: Hold leadership accountable.
- All Staff: Promote relationships and model emotional literacy.

5. Resources and Partnerships

- Use of ELSAs or Learning Mentors trained in mental health first aid.

- Collaborate with CAMHS, Educational Psychology Service, local GPs.
- Access Plymouth Local Authority resources.

6. Safeguarding and Mental Health

Mental health concerns may raise safeguarding issues. All staff must follow the school's safeguarding and child protection procedures and report concerns to the Designated Safeguarding Lead.

7. Communication and Dissemination

- The strategy will be published on the school website.
- Key points shared in INSETs, staff briefings, and parent evenings.
- A termly well-being bulletin will share updates and events.