



**Barford St. Peter's C.E. (V.A.) Primary School**  
**Together we love; together we learn**



# **Mental Health & Emotional Wellbeing Policy**

Date adopted: June 2024

Review date: September 2026

## Policy statement

**This policy is written by the Mental Health Lead. It has been shared with all stakeholders who will feed into the review process.**

Positive mental health and wellbeing describes how we think, feel and relate to ourselves and others as well as how we interpret the world around us. Our mental health and wellbeing affects our capacity to manage, communicate and how we form and sustain relationships as well as our ability to cope with change and major life events. It is widely recognised that a child's emotional health and wellbeing influences their cognitive development and learning as well as their mental wellbeing in adulthood.

At Barford St Peter's CE (VA) Primary School, we are committed to supporting the emotional health and wellbeing of all our staff, pupils and families. As a school, we have a supportive and caring ethos, with a kind and respectful approach. We value all individuals and their contribution to the school.

At school, we know that we all have different life challenges that can make us vulnerable at times and that anyone may need additional emotional support during these challenges. We have the view that positive mental health is everyone's business and that everyone in our school community has a part to play in this. As well as promoting positive mental health, we aim to recognise and respond to mental health concerns across our whole school community.

## Policy Aims

- Promote positive mental health and wellbeing in all staff, pupils and families.
- Increase understanding and awareness of common health issues.
- Enable staff to identify and respond to early warning signs of mental health in pupils, other staff members and families within the school.
- Enable staff to understand how and where to access support when working with young people with mental health issues.
- Enable staff to know where and how to access support with their own mental health.
- Provide the right support to children with mental health issues and know where to signpost them, their parents and carers to for support.
- Develop resilience amongst the children.

At Barford St Peter's CE (VA) Primary School we:

- Help the children to recognise and understand their emotions.
- Help the children feel comfortable sharing any concerns or worries.
- Help the children socially to form and maintain relationships.
- Promote self-esteem and ensure that the children know they are valued.

- Encourage the children to be confident and be themselves. We are all unique.
- Help children to develop emotional resilience and to cope with setbacks.

We promote a mentally healthy environment through:

- Promoting our school Christian values, British values and encouraging a sense of belonging
- Celebrating academic and non-academic achievements as a school
- Promoting pupil voice and opportunities to participate in decision making
- Giving opportunities to reflect
- Access to appropriate support that meets the needs of the pupils
- Providing opportunities to develop a sense of self-worth through taking responsibility for themselves and others

We pursue our aims through a strong commitment to our school Christian vision, current and evidence-based training for our staff, support and supervision for our staff, experienced leaders dedicated to nurturing the wellbeing of our families, support to pupils who are going through difficulties which may include bereavement, separation and ill health and specialised, targeted approaches which are aimed at pupils with more complex or long-term needs.

## **Roles and Responsibilities**

While all staff have a responsibility to promote the mental health of the whole school community, staff with a specific role are:

- **Mrs Mary Baker – Head Teacher & Designated Safeguarding Lead**
- **Mrs Lucy Rose – Deputy Head Teacher, SENDCO & Designated Safeguarding Lead**
- **Miss Aisha Richards – Preschool Manager & Designated Safeguarding Lead**
- **Mrs Michelle Bunn - Senior Mental Health Lead & Designated Safeguarding Lead**

Any staff member concerned about the mental health or well-being of a pupil or staff member should speak to the mental health lead in the first instance and record their concerns on CPOMS for a pupil or yellow form for a staff member. If there is a fear that the pupil is in danger of immediate harm, then the normal safeguarding procedures must be followed. If the pupil or member of staff presents with a medical emergency, then the normal first aid policy must be followed.

## **Whole school support**

We support the mental health and wellbeing of all pupils through teaching the skills, knowledge and understanding needed to keep themselves mentally healthy and safe as part of the PSHE, RSE and Protective Behaviours curriculum. As a school, we follow the Kapow primary scheme for PSHE. All

curriculum teaching is age appropriate but staff respond in a timely manner to any current contextual issues.

- We have a strong school ethos which empowers respect for each other and our differences and diversity.
- We establish clear rules, routines and expectations of behavior for learning and creating a positive school environment.
- We encourage positive and caring relationships.
- We promote self-esteem in children.
- We identify children with specific mental health needs and supporting their individual needs through various strategies.
- We focus on wellbeing in all classrooms, using the Zones of Regulation, calm zones with sensory equipment, movement breaks and sensory circuits, emotion coaching.
- We have a strong emphasis on praise and reward.
- We value our nurture groups to support small groups with general wellbeing.
- We work with parents and carers to support the whole family to achieve the best outcomes.

## **Targeted support**

For any child identified as having poor mental health, the school will offer more targeted support, which may be individually or in small groups. This can include:

- Targeted use of PSHE resources
- Understanding and managing feelings, Zones of Regulation, 5-point scale, Worry Boxes, Think Good-Feel Good, Boomerang, Pictures of Me
- Lego Therapy, Mindfulness, Lunch Bunch
- 1:1 counselling with Snowford Grange
- Referral to SEND Supported/Educational Psychologist
- Referral to NHS services including CAMHS, Rise consultations, Dimensions Tool, Mind,
- Early Help Process and working with other agencies including The Friendship Project and Lifespace
- Personal check-ins with trusted adults, Feel Good Check-in

## **Working with Parents and Carers**

At Barford St Peter's CE (VA) Primary School, we understand how important it is to work alongside all parents and carers. To do this we:

- Have a dedicated section on the school website to mental health and wellbeing; this highlights sources of information and support available

- Share information on support available through half termly wellbeing newsletters, parent support groups in the form of coffee mornings – ‘Calm Connections Tea & Talk’
- Ensure that all parents are aware of who to talk to at school regarding mental health and wellbeing and how to do this.
- Share ideas with parents on how to support positive mental health with their children.
- Ensure that any parent or carer who is struggling with their own mental health know that school can support with the family through Early help.

## **Staff wellbeing**

At Barford St Peter's CE (VA) Primary School, we value and appreciate how lucky we are to have such a wonderful team of experienced staff and they are encouraged to develop personally and professionally within a caring, nurturing and supportive setting. We believe that it is vital that all staff feel part of a valued team and have an opportunity to express their views and be supported to manage their workload within a culture that supports a healthy work-life balance. We feel that supporting the staff with their own mental health and wellbeing is a vital part of having a healthy school. We offer opportunities to maintain a healthy work life by having a staff support group, signposting to support agencies, staff knowing they can seek support from the relevant staff within the school if they are having difficulties with their mental health and wellbeing, through this policy, the school website and posters in the staffroom.