



**Taddington and Priestcliffe
Church of England (Aided)
Primary School**

Mental Health and Wellbeing Policy

Version	1
Date:	July 2018
Policy Review Date:	July 2020
Ratified by Governing Body	July 2018
Headteacher	
Summary of changes:	n/a

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)

Mental health affects all aspects of life and behaviour.

Who is covered by this policy?

This policy applies to all pupils who attend, and all staff who work at Taddington and Priestcliffe Church of England (Aided) 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

The purpose of this policy is to have:

General

- Resilient, happy and motivated pupils and staff who get more out of life

Teaching and Learning

- Pupils who are engaged in the learning process
- Pupils who can concentrate and learn
- Improved standards in all subjects, including literacy and numeracy
- Improved attainment
- Effective teaching
- Parents and carers who are involved in school life and learning

Behaviour and Attendance

- Pupils with high self-esteem and confidence
- Pupils who have a say in what happens at school
- 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

Policy statement

Taddington and Priestcliffe Church of England (Aided) Primary School is committed to promoting the mental health and emotional wellbeing of pupils and staff. This is underpinned by the school mission; to broaden horizons understanding that everyone is **unique, everyone is loved and everyone is valued** because Jesus said *"This is my commandment, that you love one another as I loved you"* (John 15:12) *We live out the aims of the policy everyday through the schools vision "We care about each other".*

In order to fulfil our vision school will:

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.

Address Needs (mechanisms to support children and staff)

- Promote a culture which supports and encourages self disclosure.
- Provide a framework for responding appropriately to mental health wellbeing.
- 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. For pupils, through our pink safeguarding concerns sheet and for staff, via the headteacher.
- 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
- Positive Handling Policy
- Behaviour Policy
- PSHCE curriculum and Policy
- Safeguarding Policy