



'Encouraging children to learn and achieve in a secure, caring environment.'

Emotional Health and Wellbeing Policy

October 2021

- **Beever Pledge:** Be safe, happy and healthy
- **Beever Character Competencies:** confident, resilient, tolerant, communicator, motivational, problem-solver, honest
- **British Values:** Mutual respect, tolerance and individual liberty
- **Rights Respecting:** Article 24- You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

The national criteria states:

"A healthy school ensures that when pupils are unhappy, anxious, disturbed or depressed there are open channels for them to seek or be offered support, without stigma and with appropriate confidentiality. A healthy school actively seeks to promote emotional health and well-being and helps pupils to understand their feelings".

CONTEXT AND RATIONALE

At Beever Primary School, we are committed to supporting the emotional health and wellbeing of our pupils, staff, parents and carers. We have a supportive and caring ethos and our approach is respectful and kind, where each individual and contribution is valued.

We know that everyone experiences life challenges that can make us vulnerable and, at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.



AIMS

At Beever Primary School we:

- Promote our school values and encourage a sense of belonging.
- Help members of our school community to feel comfortable and share any worries or concerns.
- Promote self-esteem and develop confidence.
- Ensure pupils, staff, parents and carers participate in decision making and have a say in what happens at school.

- Help pupils, staff, parents and carers to develop emotional resilience so they are able to manage times of stress and deal with change.
- Help others to form and maintain relationships.
- Ensure all members of staff are aware of their professional roles in health related issues and are involved in developments to promote healthy living.

CURRICULUM

At Beever Primary School, we are proactive in our approach and welcome opportunities to promote emotional health and wellbeing through our curriculum, school ethos, relationships and values.

Our approach includes:

- Class charters linked to Rights Respecting which are devised in collaboration with the children.
- Rewarding positive behaviour and achievement through our house point system.
- Setting appropriately challenging tasks.
- Providing a forum for listening and talking.
- Regular circle times.
- School council meetings.
- Mindfulness, music and breathing/meditation activities in class.
- A wellbeing library with a range of quality texts to support learning and discussions.
- A worry box which is overseen by the pastoral leader.
- Through our work on Rights Respecting, the children take an active role in how school promotes social and emotional well-being, recognising their contributions are valued and that their views can create a change, making our school a better place.
- Encouraging co-operation and collaboration.
- Developing social competence.
- Encouraging and developing coping strategies and resilience.

Our school places an emphasis on problem-solving, positive self-assessment, time for reflection, quality feedback and encouragement to participate in school and community events.

The delivery of personal, social and health and citizenship education (including relationships and sex education) is fundamental to our promotion of emotional health. Through the planned programmes and informal curriculum, opportunities exist to explore issues appropriate to children's ages and stages of development. Staff deal sensitively with these issues and differentiate according to the varying needs of the children in their care.

As part of our Beever Pledge, we also promote emotional health and wellbeing through our competencies which are embedded into all our learning: aspirational, confident, resilient, tolerant, creative, communicator, motivational, co-operative, problem solver, honest.

PASTORAL ORGANISATION FOR OUR PUPILS

We pride ourselves on the great care that is given to all pupils in our school. Our methods include:

- Recognising and responding positively to a child's emotional and/or behavioural needs.
- Communicating with parents/carers positively and realistically to create a partnership approach to children's emotional health and wellbeing.
- Liaising with appropriate agencies to enlist advice and/or support.
- A full time pastoral leader to work with our children and families.
- Highly effective Teaching assistant support.

Alongside the high quality in-class pastoral support, we have a full time pastoral leader who works to support individuals and groups of pupils along with their families. Our pastoral leader and Teaching Assistants work closely and in consultation with the class teachers, SENDCo and members of the Senior Leadership Team.

We actively promote the support which can be provided by a range of agencies and we recognise the effectiveness of our early intervention approach and our commitment to pastoral care for all.

WORKING WITH PARENTS/CARERS

To support parents/carers, we will:

- Highlight sources of information and support about common mental health issues on the school website and Twitter.
- Ensure all our parents/carers are aware of who to talk to and how to go about this.
- Make our Emotional Health and Wellbeing policy easily accessible to parents via our school website.
- Keep parents/carers informed about their child's learning in PSHCE and we will use our dB learning platform to share any ideas for extending and exploring this learning at home.

WORKING WITH OTHER AGENCIES AND PARTNERS

As part of our targeted provision, we work with other agencies to support emotional health and wellbeing:

- The school nurse
- Educational psychology services
- Paediatricians
- CAMHS
- Counselling services
- Early Help family support workers
- Therapists
- Children's social care

Members of staff in school are also supported through the Employee Assistance Programme which provides free and confidential support.

SIGNPOSTING

We will ensure that staff, pupils and parents are aware of sources of support within school and the local community. We will display relevant sources of support in communal areas and regularly highlight support for pupils within our curriculum.

LEAD MEMBERS OF STAFF

Whilst all staff have a responsibility to promote emotional and mental health and wellbeing, staff with a specific remit include:

- Mr Greg Oates- Headteacher/Designated safeguarding lead
- Mrs Nicola Edwards- Deputy Headteacher/Deputy designated safeguarding lead
- Mr Oliver Drake- Assistant Headteacher/Deputy designated safeguarding lead
- Miss Katie Greaves- Pastoral Lead/Deputy designated safeguarding lead
- Mr Andy Gregori- Chair of Governors/Lead Governor Emotional Health and Wellbeing

RELATED POLICIES

This policy should be read in conjunction with the following policies:

- Behaviour Policy
- Anti-bullying Policy
- Attendance Policy
- Teaching and Learning Policy

MONITORING/REVIEW

At Beever, we recognise the link between health and wellbeing and attainment; we understand that happier and more motivated pupils and staff get more out of life. Members of the senior leadership team regularly check-in with staff and pupils, and surveys are conducted. Pupil voice activities, use of the school council, staff consultations and effective communication all contribute to the monitoring which takes place.

The Governors are committed to reviewing the impact of the Emotional Health and Wellbeing policy as part of the rolling programme, taking into account the related policies listed above.

USEFUL LINKS

- **Young Minds** is one of the UK's leading charities for children and young people's mental health.
- **Anna Freud Centre** (for children and families) is a charity dedicated to providing training and support for child mental health services.
- **Place2Be** is one of the UK's leading children's mental health charities.
- **Mind** is the UK's leading mental health charity, offering a great deal of useful information on children's mental health.
- **Healthy Young Minds Oldham - Child and Adolescent Mental Health Services**- Healthy Young Minds Oldham (formerly CAMHS) offers specialist services to children and young people who are experiencing mental health and emotional wellbeing difficulties.