



The Oaks Primary School
Bringing Learning to Life

Well-being Policy

Intent

It is widely recognised that a child's emotional health and wellbeing influences their cognitive development and learning as well as their physical and social health and their mental wellbeing in adulthood.

We aim to:

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries, ensuring they feel able to talk openly with trusted adults
- support children to form and maintain positive social relationships with others
- promote self-esteem and ensure children know that they are valued
- encourage children to be confident, building their emotional resilience and to manage setbacks.
- support children to become resilient learners; learning and achieving to their full potential
- support staff with their own mental health and well-being

Implementation

We promote a mentally healthy environment through:

- promoting our school values and encouraging a sense of belonging and community
- promoting pupil voice and opportunities to participate in decision-making
- celebrating achievements both in and out of school
- providing opportunities to develop a sense of worth through taking responsibility for themselves and others
- access to appropriate support that meets their needs
- teaching the skills, knowledge and understanding needed by our children to keep themselves mentally healthy and safe through a clear and progressive PSHE Curriculum; what they can do to maintain positive mental health, what affects their mental health and where they can go if they need help and support.

Staff should have the skills to look out for any early warning signs of mental health problems and ensure that children with mental health needs get early intervention and the support they need. These warning signs should always be taken seriously and staff observing any of these warning signs should communicate their concerns with the Designated Safeguarding Lead as appropriate. Possible warning signs include:

- Changes in eating / sleeping habits
- Becoming socially withdrawn
- Changes in activity, mood and /or approach to learning
- Talking or joking about self-harm or suicide
- Expressing feelings of failure, uselessness or loss of hope
- Repeated physical pain or nausea with no evident cause
- An increase in lateness or absenteeism

We aim to identify children with mental health needs as early as possible. We do this in different ways including:

- Analysing behaviour and attendance through CPOMS
- Staff reporting concerns about individual children to the relevant lead persons.

- Termly Pupil Progress Review meetings
- Regular behaviour and safeguarding meetings for staff to raise concerns
- Gathering information from families before a new school start – or from a previous school at transfer.
- Parents meetings
- Enabling children to raise concerns to any member of staff.
- Open door policy for parents and carers to raise concerns to any member of staff
- Staff CDP

We recognise how important it is that staff are calm, supportive and non-judgemental to children who disclose a concern about themselves or a friend. The emotional and physical safety of our children is paramount and staff listen rather than advise. Staff make it clear to children that the concern will be shared with the Safeguarding Lead and recorded, in order to provide appropriate support to the pupil. All disclosures and concerns are recorded on CPOMS.

Working with parents and carers

In order to support parents we will:

- Highlight sources of information and support about mental health and emotional wellbeing on our school website and weekly newsletter
- Make our Well-being Policy easily accessible to parents
- Keep parents informed about the mental health and well-being topics their children are learning about in PSHE – a clear, progressive PSHE curriculum is accessible on our school website
- Have an open door policy where parents feel welcomed, knowing they will be listened to, supported, and signposted to further support if required

Working with other agencies

As part of our targeted provision the school will work with other agencies where necessary to support children's emotional health and well-being including:

- The school nurse
- Educational psychology services
- Behaviour support
- Paediatricians
- CAMHS (child and adolescent mental health service)
- Counselling services
- Family support workers
- Therapists

Impact

At The Oaks Primary School, we are committed to supporting the emotional health and wellbeing of our school community. It is important for our school to be filled with happy children and staff, who have tools and strategies to cope with emotional challenges that may come their way. We aspire for all our community to be able to identify their thoughts and feelings and be confident in expressing them, in a safe, sensitive and supportive environment.

This policy should be read in conjunction with our SEND policy in cases where pupils mental health needs overlap with these. This policy should also be read in conjunction with policies for Behaviour, PSHE and should also sit alongside Child Protection Procedures.

Caroline Hesketh
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