



## Mental Health and Wellbeing Policy for Children



Mental Health is how we feel, how we think and how we behave. We feel that it is about:

- Being able to make friends and keep friendships
- Being friendly, respectful, caring and polite
- Being able to have fun
- Being interested in and able to enjoy learning
- Being able to understand separation, bereavement and loss
- Being able to understand good and bad feelings or thoughts
- Being able to bounce back from any problems

All children and young people need to:

- Be able to join in with others and play in groups and teams
- Know that we can and are able to do things if we try
- Know that we have a voice that will be heard and that we are a huge part of our school community
- Know we have the confidence to break things down into small steps

Everyone can feel wobbly and need somebody to talk to. Our school is a mentally healthy environment where children and young people:

- Have the chance to take part in activities that encourage belonging such as after school clubs and school trips
- Have the chance to have their voices heard
- Have assemblies to share what they do well
- Have individual talents recognised and challenged
- Have choices to feel better about themselves by looking after themselves and others
- Have choices to think about something that's happened; forgive, forget and start a new chapter
- Are able to get extra help if they need it.
- Have a right to be in a school that is safe, clean, attractive and well cared for
- Are surrounded by adults who are positive and show us respect
- Have resources and trusted adults to help them when needed

Westleigh St Paul's Primary School provides us with lots of ways to promote positive mental health through our learning and extra activities e.g. Pastoral team, team building, Wellbeing Week, PSHE, R-Time, Star of the Week assembly, play and sports activities, visitors into school, fun days, counselling service, Parent/carers events, rewards, etc.

In school all children can go to any member of staff if they have any problems or feel a little wobbly. Children also support each other.

Miss Craig is the named school governor for Mental Health. Mrs Crowther is the named school Mental Health Champion. This policy will be reviewed every year.