

# Whole School Approach to Positive Mental Health and Well-Being

## CULTURE

The school is a positive working and learning environment where pupils and staff feel safe and can do their best. We do this by:

- Promote positive relationships within our school community
- Clear communication policies and procedures
- Regular opportunities to listen to staff and pupil voice
- Promoting ways staff and pupils can take care of their own well-being and mental health
- Staff role model the promotion of good mental health to colleagues and pupils.
- Building a culture of trust, openness and tolerance
- Providing training so staff have the knowledge and expertise to support mental health and well-being
- Having clear pathways and referral procedures to promote and support mental health
- Talking openly about mental health and well-being

## LEADERSHIP

The school leadership is committed to developing a culture and ethos at Eyres Monsell that supports positive mental health and well-being. We do this by:

- Clear action plans in place
- Regular monitoring for impact
- Named governor: Mrs D. Ingram
- Implement mental health and well-being strategies across the school
- Policies support good mental health and well-being

## SUPPORT FOR PUPILS

At Eyres Monsell, children will have the opportunity to develop the knowledge, skills, attitudes and values to support positive mental health and well-being. We do this by:

- Mental health and well-being is embedded in to the curriculum (Jigsaw PSHCE, theme days and weeks such as Positive Mental health, Well-being week, I am Worth it, team building events)
- Focused pupil workshops and activities to build character and resilience (Forest Schools, well being workshops, y5/6 Think Smart)
- Ensuring children have the language to express their views, feelings and emotions in appropriate ways (school values, PSCHCE, mindfulness)
- Develop self awareness and management strategies (calm down, Yoga, Meditation, character strengths, problem solving)
- Pupils know how and feel confident to raise concerns (know staff, Chatter Matters, Shout out boxes)
- Targeted and personalised support programmes (RELATE, coaching, mentoring, positive people, team building)

## SUPPORT FOR PARENTS

The school provides learning, guidance and support to parents. We do this by:

- Promote positive relationships with parents and carers
- Providing a range of communication methods, policies and procedures, which are available to parents
- Providing ways to keep parents informed about children's learning
- Signposting parents who require support
- Providing opportunities for parents and carers to be involved in interventions that supports their child's mental health

## WORKING WITH EXTERNAL AGENCIES

The school works with a range of partners and agencies to support mental health and well-being. We do this by:

- Having clear referral procedures to access external support
- Build strong links with other agencies such as school nurse, SEMH team, CAMHS, Early Help
- Source specialist support services e.g. RELATE counselling, Family Learning, Early Help
- Monitor and assess the impact of the external services and support received