



## Aston Rowant C+E Primary School

# Mental Health and Wellbeing Policy

### Mission Statement

*Growing together, rooted in God, enjoying the fulness of life. Colossians 2: 1-7*

**Date of Policy: September 2025**

**Date of Policy review: September 2027**

Head Teacher: Mrs H France

Date: 9 September 2025

Wellbeing Governor: Tom Sowerby

Date: 10 September 2025

At Aston Rowant C of E Primary School, we are committed to supporting the emotional health and wellbeing of our pupils and staff.

We have a supportive, nurturing and caring ethos. Our approach is respectful and kind, where everyone and their contributions are valued.

At our school 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.

At our school we:

- Help children to understand their emotions and feelings better.
- Help children feel comfortable sharing any concerns or worries.
- Help children socially to form and maintain strong relationships.
- Promote self-esteem and ensure children know that they count.
- Encourage children to be confident and 'dare to be different'.
- Help children to develop emotional resilience and to manage setbacks through a growth mind-set.

We promote a mentally healthy environment through:

- Promoting our core Christian values and encouraging a sense of belonging.
- Promoting 'pupil voice' and opportunities to participate in decision-making through our strong school council.
- Celebrating academic and non-academic achievements both in school and in hobbies outside of school during our Friday achievement assembly.
- Providing opportunities to develop a sense of worth through taking responsibility for themselves and others.
- Providing opportunities for reflection and spirituality. Access to appropriate support that meets their needs.

We pursue our aims through:

- Universal, whole school approaches.
- Support for pupils going through recent difficulties including bereavement and/or divorce.
- Specialist, targeted approaches aimed at pupils with more complex or long-term difficulties including attachment disorder.

### **Scope**

This policy should be read in conjunction with our 'Supporting pupils with medical conditions' policy and 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 and Anti-bullying, and PSHE and SMSC policies. It should also sit alongside child protection procedures.

### **Lead Members of Staff**

Whilst all staff have a responsibility to promote the mental health of students, staff with a specific, relevant remit include:

- Mrs Helen France –Head Teacher and Designated Safeguarding Lead
- Mrs Georgie Boddy – Mental Wellbeing Champion

### **Teaching about Mental Health**

The skills, knowledge and understanding needed by our students to keep themselves mentally healthy and safe are included as part of our developmental PSHE curriculum. The specific content of lessons will be determined by the specific needs of the cohort we're teaching but we also use the PSHE Association Guidance to ensure that we teach mental health and emotional wellbeing issues in a safe and sensitive manner.

### **Targeted support**

We offer support through targeted approaches for individual pupils or groups of pupils which may include:

- Circle time approaches or 'circle of friends' activities where they can openly talk about making mistakes.
- Promotion of quiet reflection area in our Peace Garden and prayer spaces in each classroom.
- Promotion of 'run a mile' in the morning.
- Forest Friday activities so that children have the opportunity to learn outside the classroom and enjoy the awe and wonder in the world around them.
- A buddy system where everyone has an older friend to look out for them.
- Knowing our children well so that when they leave us for secondary school they do so knowing they have been loved and nurtured.
- Targeted use of PHSE resources.
- Managing feelings resources e.g. 'worry boxes' and 'worry eaters'
- Primary Group Work/Mental health and wellbeing groups

- Support of a Play Therapist.
- Therapeutic activities including art, lego and relaxation and mindfulness techniques.

The school will make use of resources to assess and track wellbeing as appropriate including:

- Strengths and Difficulties questionnaire
- The Boxall Profile
- Emotional literacy scales

### **Signposting**

We will ensure that staff, pupils and parents are aware of what support is available within our school and the wider community and how to access further support.

### **Identifying needs and Warning Signs**

All staff will complete termly wellbeing trackers on their pupils aimed at identifying a range of possible difficulties including:

- Attendance
- Punctuality
- Relationships
- Approach to learning
- Physical indicators
- Negative behaviour patterns
- Family circumstances
- Recent bereavement
- Health indicators

School staff may also become aware of warning signs which indicate a student is experiencing mental health or emotional wellbeing issues. These warning signs should always be taken seriously and staff observing any of these warning signs should communicate their concerns with the designated child protection and safeguarding officer or the emotional wellbeing lead as appropriate.

Possible warning signs include:

- Changes in eating / sleeping habits
- Becoming socially withdrawn
- Changes in activity and mood
- 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

## Working with Parents

To support parents, we will:

- Highlight sources of information and support about mental health and emotional wellbeing on our school website
- Share and allow parents to access sources of further support e.g. through parent forums and the wider community.
- Ensure that all parents are aware of who to talk to, and how to get about this, if they have concerns about their child.
- Make our emotional wellbeing and mental health policy easily accessible to parents
- Share ideas about how parents can support positive mental health in their children.
- Keep parents informed about the mental health topics their children are learning about in PSHE and share ideas for extending and exploring this learning at home.

## **Working with other agencies and partners**

As part of our targeted provision the school will work with other agencies to support children's emotional health and wellbeing including:

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

## **Training**

- As a minimum, all staff receive regular training about recognising and responding to mental health issues as part of their regular child protection training in order to enable them to keep students safe.
- The Hampshire and Isle of Wight Educational Psychology portal provides free online training suitable for staff wishing to know more about a specific issue.
- Training opportunities for staff who require more in-depth knowledge is considered as part of our performance management process and additional CPD will be supported throughout the year where it becomes appropriate due to developing situations with one or more pupils.