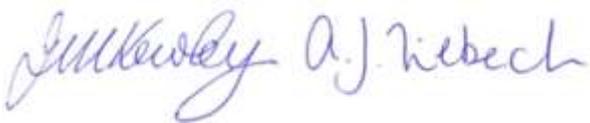


# Bledington Primary School

## Emotional Health and Well-being Policy

<b>Date of Ratification:</b> 15.10.20 27.01.22 23.03.23 04.07.24 08.10.25	<b>Written Sept2020</b> <b>To be reviewed annually</b> <b>Reviewed March 2021</b> <b>Reviewed Jan 2022</b> <b>Reviewed Jan 2023</b> <b>Reviewed June 2024</b> <b>Reviewed Sept 25</b>	<b>Signed:</b> <b>COHEADTEACHERS</b>  Ms J Kewley Mme A Ziebeck 
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### Safeguarding Statement

At Bledington Primary School we respect and value all children and are committed to providing a caring, friendly and safe environment for all our pupils so they can learn, in a relaxed and secure atmosphere. We believe every pupil should be able to participate in all school activities in an enjoyable and safe environment and be protected from harm. This is the responsibility of every adult employed by, or invited to deliver services at Bledington School. We recognise our responsibility to safeguard all who access school and promote the welfare of all our pupils by protecting them from physical, sexual and emotional abuse, neglect and bullying.

Ms J Kewley, Mrs S Rollins and Miss L Nessling are the teaching staff responsible for Emotional, Mental Health and well-being.

Mrs Kieri Dainty is the named Governor

Mrs Rollins is the Senior Mental Health Lead

*Through-out Covid-19 and since, Bledington Primary School placed a big emphasis on continuing to ensure that all of our pupils, parents and staff are well supported and know that they can rely upon us for help to access services or even just for a chat. We work alongside our Parent Support Advisor to provide information and help for any pupil or parent who is experiencing difficulties, whether social, emotional or mental health related.*

### Emotional Health and Well-being Policy Intent

At Bledington Primary School we work towards positive Emotional Health and Well-being in the whole of our school community, for adults as well as children.

We support the National criteria, which 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”.

Bledington Primary School supports and enhances pupil personal development and mental well-being, by providing guidance and opportunities to use the ‘Five Ways to Well-being’:

### **1. Connect**

Connecting with family, friends and people around you at home, school and in your community will enrich and support you every day.

### **2. Be Active**

Exercising makes you feel good. Find something you enjoy such as dancing or going for a walk.

### **3. Take Notice**

Be curious and ask questions, remark on the unusual, savour the moment, be aware of the world around you. Reflecting on your experiences will help you to appreciate what matters to you.

### **4. Keep Learning**

Try something new or rediscover an old interest. Set a challenge that you will enjoy achieving. Learning new things helps you to become more confident, as well as being fun.

### **5. Give**

Do something nice for a friend; remember to say ‘thank you’ and smile. Seeing yourself as belonging to a wider community is very rewarding and helps you to create new connections with people.

## **School Aims for Emotional Health and Well-being**

## **General**

- Happier and more motivated pupils and staff who get more out of life, teaching and Learning
- Pupils who are more engaged in the learning process and contribute to the life of the school
- Pupils who can concentrate and learn better and contribute fully to the life of the school
- Improved standards in all subjects
- Improved attainment
- More effective teaching
- Parents and carers more involved in school life and learning
- Improved behaviour and attendance
- An increase in pupil's self-esteem and confidence
- Fewer disaffected pupils
- Improved behaviour and attendance
- Low incidents of bullying

## **Staff Confidence and Development**

- Improved morale
- Lower absenteeism
- Better recruitment level
- Positive and effective relationships with pupils

## **Promoting and Enhancing Emotional Health and Well-being at Bledington Primary School**

### **The school promotes and provides a range of services to pupils:**

- A Nurture Room with named staff to support pupils with anxieties or concerns.
- A Teaching Assistant who is trained in Mental Health strategies
- Experienced Parent Support Worker
- Experienced SENCO & DSLs
- PSHE is delivered in small group sessions across the school
- Co-ordinated support from a range of outside agencies
- Y6 Buddies for Reception & new pupils
- Kindness Ambassadors who are recognised for supporting their peers
- Y5/6 Play Leaders to help younger pupils outside
- School Council, Eco Council, Rights Respecting School group and House Captains who speak up on behalf of all pupils
- Welcome meetings, transition events, Open Days
- A thriving BSA (Parent Association)

### **The school promotes an anti-bullying culture through:**

- A strong school ethos which empowers tolerance and respect, including respect for difference and diversity
- High profile of anti-bullying procedures and policy through an antibullying board, assemblies and events such as Anti-bullying and Positive Mental Health Weeks and using the 'People in the Know' (PINK) Safeguarding curriculum
- Posters showing strategies and photos of staff to whom children may turn

**The school promotes and strengthens the pupil voice through:**

- A democratic process for the election of School & Eco Councils and House Captains
- Timetabled meeting time for members of the school/eco/RRS groups
- Involving pupils in interviews for members of staff
- Consulting pupils about change and policy development
- Regular Pupil Conferencing and questionnaires
- Picture News Assemblies based around British Values
- Pupil led assemblies and Inclusive assemblies allowing open discussion and suggestions
- Responsibilities shared by pupils over the term eg setting up laptops, organising water at lunch, helping to clear tables etc
- Designated Play Crew to support outdoor activities
- Regular opportunities for children to make decisions through voting and suggestions e.g. the charities we support, Cultural Arts week and our Learning Behaviours

**The school promotes the involvement of parents and carers in the life and learning of the school through:**

- Signposting on our school website
- Teaching staff available every morning/afternoon in the playground
- Regular consultation about change and development through parent questionnaires
- Subject Focus evenings, STEM week, Arts week, theme days, productions and music events
- Participation in special events eg Village fete, Fairtrade fortnight, Carol singing
- Involvement in school trips and extra-curricular activities
- Regular communication and involvement over pupil progress, SEN, behaviour and pastoral issues
- A Feedback book for comments about our catering and school meals service is available in the office.

**The school enhances pupil motivation and learning through:**

- A balanced curriculum with opportunities for intellectual, physical and expressive development

- An exciting and varied range of extracurricular events and trips
- Consistent support for vulnerable children and those with SEND from trained nurture, learning support teaching assistants and other agencies where appropriate.
- Special events eg Space Week to inspire imagination and curiosity
- Recognising a range of learning styles
- Encouraging independence in learning
- Using a range of teaching styles appropriate to pupils' age, ability and level of maturity
- Using the PINK materials to raise self-esteem and confidence levels

**The school enhances pupil self-esteem and personal development through:**

- The Personal Social Health Education Curriculum
- Information, advice and guidance on health, relationships and sex education
- Discussion and advice about future possibilities
- Opportunities for pupil leadership through school council, eco council, sports leaders, Year 6 monitors and House Captains
- Teamwork promoted through mixed age groups for lunch tables and events.
- Opportunities for reflection and cultural development through art, literature and the RE curriculum
- Providing guidance and opportunities to use the 'Five Ways to Well-being'
- An emphasis on praise and reward

**The school enhances staff motivation, learning and professional development through:**

- Planning time within the school week (teachers and teaching assistants)
- Big staff meeting one whole afternoon per term
- One Inset day dedicated to report writing
- Time allotted to meet to evaluate/write My Plan targets.
- Whole school INSET, including Safeguarding and Emotional Health & Well-being
- Access to appropriate external training including e-training & MHFA
- A dedicated pre-arranged well-being day off school and flexible arrangements for graduations/weddings/funerals
- Involving all staff in decision making and proposed change e.g. timing of the school day, frequency of reporting to parents and so on.
- Consultation on training and support needs through regular review.
- Staff lunches provided on INSET and special days
- Bring and share lunches for big birthdays/celebratory occasions, Jacket potato Wednesdays or Baguette Fridays
- The Rainbow room as a designated nurture room for staff who wish to privately discuss worries, issues or concerns
- Staff outings, picnics, dinners
- Signpost support services-including Occupational Health

- A designated member of the SLT has been assigned to look after staff emotional health and well-being.
- Staff are encouraged to read and act upon the “Action for happiness” calendar on the board in the staffroom (add photos, cards, messages to the board)

### **Roles and Responsibilities**

- The promotion of Emotional Health and Social Well Being and raising the achievement of all pupils is the responsibility of all school staff and governors.
- The Headteacher and Mental Health Teaching Assistant will demonstrate through their personal leadership the importance of this policy, ensure all staff are aware of it and understand their role and responsibility in relation to it.
- Governors – The Governing body has adopted this policy and will monitor its impact.
- Staff – Staff will be expected to know what their responsibilities are in ensuring the policy is implemented. They will be aware of the implications of it for their planning, teaching and learning strategies, management of activities, as well as behavioural issues.
- Pupils – Pupils will be made aware of how the Emotional Health and Well-being policy applies to them as part of the school aims, values and in the curriculum.
- Parents/Carers – Parents and carers will be encouraged to participate fully in implementing the policy in partnership with the school.

### **Links with other policies**

Bledington Primary School will have regard to the emotional health and well-being of all children when developing other policies, in particular:

- Safeguarding and Child Protection
- Attendance
- Behaviour and Rewards
- Public Sector Equalities
- E-safety and Acceptable User
- Safer Recruitment
- Whistleblowing
  - Medical Needs
- Pastoral Care
- SEND
- Complaints
- Confidentiality
- Relationships and Health Education
- Personal, Health, Social and Economic Education (PHSE)
- Pupil Premium All our policies are published on the school website.