



Respect, Empower, Grow

Mental Health and Wellbeing Strategy #AllSaintsmentalhealth

As a school, we are committed to:

- Promote positive mental health and wellbeing in all children and staff
- Create a physically and emotionally safe environment where all children and staff have a sense of belonging, a strong sense of self-identity and security
- Empower all staff and children to develop their own personal wellbeing and resilience strategies which can be used beyond the school day
- Increase awareness and openness around mental health and illness
- Embed effective systems and practices to identify early need and provide early intervention
- Have established systems for understanding how and when to refer to specialist support

At Normanton All Saints CE (A) Infant School we prioritise a whole school approach to mental health and wellbeing. We recognise that the mental health and emotional wellbeing of children, staff, parents and carers and governors is fundamental and our approach to this is the 'golden thread' that underpins our ethos, culture and daily life in school.

Our whole school approach is built upon the eight principles from Public Health England's 'Promoting children and young people's mental health and wellbeing: A whole school or college approach'

Leadership and management that supports and champions efforts to promote emotional health and wellbeing

A whole school *ethos and environment* that promotes respect and values diversity for all its school community

Curriculum teaching and learning to promote resilience and support social and emotional learning

Staff development to support their own wellbeing and also the wellbeing of the children

Enabling *pupil voice* to influence decision making across the school and to make sure the children are listened to

Identifying need of the school community and monitoring impact of interventions

Working closely in partnership with parents and carers

Targeted support and appropriate referral for all members of the school community

Mental Health and Wellbeing Team

Leaders including the
Headteacher and
Governing Body

Senior Mental Health
Lead

Mental Health and
Wellbeing Team
represented by all
stakeholders



Happiness
Ambassadors
(pupils)

Mental Health and Well-being ... The How?

- Whole school ethos and vision- The Golden Thread
- Strong relationships at all levels
- Well-planned and carefully considered collective worship
- RHE curriculum focusing on respecting relationships, caring friendships, mental health and well-being, being safe, families and people who care about me and online relationships
- Thrive principles (embedded across the school) and trained Thrive practitioners to provide early intervention and targeted support
- Strategies and resources such as mindfulness, yoga, musical piece of the day, breathing techniques
- Safeguarding and pastoral team support to pupils and families including the signposting of other agencies and resources (school website)
- Close links with the local community such as the Church, The Well, local care homes, Normanton Town Council
- The school's curriculum focused around the curriculum drivers of diversity and spirituality, aspirations, growth and well-being and basic skills
- Carefully considered opportunities for parents and children to work positively together in school such as the Hygge workshops
- Learning muscles which focus around positive learning behaviours and attitudes such as cooperation, perseverance and aim high
- Pupil groups such as happiness ambassadors, collective worship crew, playground buddies and dining hall helpers, eco-warriors, reading ambassadors
- Wider curriculum opportunities and after school club provision such as the choir and local sports clubs
- Staff CPD around how to best support pupils (including trauma informed practice) and also supporting their own well-being and signposting of additional support