

Withycombe Raleigh C of E Primary School
 Withycombe Village Road Exmouth
 Devon EX8 3BA
 Tel: (01395) 263397
 email: admin@wrpschool.org website:
 wrpschool.org
 Headteacher, Emma Jones



Emotional Health and Wellbeing Policy (draft)

Owner (committee/board)	Date Reviewed	Date ratified/ adopted	Date of next review	Published
Teaching & Learning Cttee	14 December 2021		December 2023	Google Drive Website

Our School Vision and Grace Values



Introduction

Child and adolescent Mental Health is the responsibility of everyone involved with young people. Government guidance, 'Mental Health and Behaviour in Schools' published in March 2015 states that one in ten children and young people aged between 5 and 16 years have a clinically diagnosed mental health disorder. The document states that: **"In order to help their pupils succeed, schools have a role to play in supporting them to be resilient and mentally healthy"**

A healthy school actively seeks to promote Emotional Health and Wellbeing alongside physical health and helps pupils to understand and manage their feelings. At Withycombe Raleigh C of E Primary School we work to promote positive Emotional Health and Wellbeing in the whole of our school community.



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Aims of this Policy

In valuing the importance of Emotional Health and Wellbeing we aim to have:

- Happy and motivated pupils and staff
- Pupils who are engaged in the learning process
- Pupils who can concentrate and access learning
- Effective teaching and learning
- Parents and Carers involved in School life and learning
- Pupils with high self-esteem, self-confidence and resilience
- Everyone meeting their potential
- High levels of attendance
- Positive and effective relationships between pupils, staff and parents/carers.

How do we promote Emotional Health and Wellbeing?

- RSHE is taught in all classes
- Caring and conscientious staff who know the children well
- Giving every pupil the chance to excel not only academically but through sport, drama, art music etc
- Promotion of 10 a day for Mental Health - 10 choices we can make to help our own mental wellbeing
- Children in Upper Key Stage 2 trained as Mental Health Ambassadors
- An Open door policy so pupils/parents/carers are able to share concerns with Teachers or SLT
- Emotional Wellbeing support provided by Specialist TAs 1:1 and groups including ELSA, SEAL and Thrive activities
- TAs employed to work with specific children to develop their Emotional Health and Wellbeing
- Access to Play Therapy provision available
- Teachers have undertaken training in a range of courses that promote the pupils' Emotional Health and Wellbeing including 'The Stars Project' (Exeter University), Thrive training, Mentoring Training, workshop with trained Bereavement Counsellor and EH4MH Normal Magic.
- Evidence based parenting programmes of Solihull and Timid to Tiger led by Specialist TAs
- Weekly wellbeing information sessions for parents/staff led by SENco covering a range of topics
- Parent workshops and website videos around wellbeing topics led by Specialist TAs
- Provision of a regular feature in the school weekly newsletter on 'Top Tips for Wellbeing'



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Roles and Responsibilities

The promotion of Emotional Health and Wellbeing and the achievement of all pupils is the responsibility of the Whole School and Governors.

The Headteacher and SLT will demonstrate through their personal leadership the importance of this policy ensuring all staff are aware of it and understand their roles and responsibilities within it.

Parents can raise any Emotional Health and Wellbeing concerns with their child's class teacher.

Teachers will discuss any Emotional and Wellbeing issues with the SLT and complete a school request form if necessary.

All staff will know their responsibilities in ensuring the policy is upheld. They will be aware of implications of this in their planning, teaching and learning and management of behaviour.

All pupils will participate in learning that is focused around Emotional Health and be encouraged to discuss issues in these sessions.

All pupils and staff will be made aware of how they can gain support for their own Emotional Health and Wellbeing if needed.

Parents and Carers will be made aware of the Emotional Health and Wellbeing policy via the school website. Parents and Carers will be signposted to agencies who can support them or their family's Emotional Health and Wellbeing if needed.

The Governors will assess and monitor the impact of this policy and review bi-annually.

Support

At Withycombe Raleigh C of E Primary School we use a range of strategies to promote the pupil's Emotional Health and Wellbeing. On occasions it is necessary to put in place additional strategies to support pupils at different times.

We use assessments such as: Boxall, ELSA, Strengths and Difficulties Questionnaire and RCADS.

Monitoring and Review

Before any Emotional Health and Wellbeing Intervention teachers and pupils will complete a Wellbeing questionnaire. The same questionnaire will be completed at the end of the intervention.

The Governors will review and monitor the impact of this policy taking into account:

- Pupil Motivation
- Self Esteem
- Behaviour
- Bullying
- Attendance
- Attainment
- Teaching



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Glossary of terms:

RHSE: Relationship Health and Sex Education

SLT: Senior Leadership Team

TAs: Teaching Assistants

ELSA: Emotional Literacy Support

SEAL: Social and emotional Aspects of Learning

EH4MH: Early Health for Mental Health

SENco: Special Education Needs coordinator

RCADS: The Revised Child Anxiety and Depression Scale

