



Emotional Health and Wellbeing Policy

Owner (committee/board)	Date Reviewed	Date ratified/ adopted	Date of next review	Published
Teaching & Learning Cttee	September 2025	September 2025	September 2026	Google Drive Website

Introduction



Our School Vision:



Our GRACE Values



Child and adolescent Mental Health is the responsibility of everyone involved with young people. Government guidance, 'Mental Health and Behaviour in Schools' November 2018 states:

'Schools have an important role to play in supporting the mental health and wellbeing of children by developing whole school approaches tailored to their particular needs, as well as considering the needs of individual pupils.'

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



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
- 'Take-away' Wellbeing leaflet board for Year 6?
- 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
- TA 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 Thrive training, Mentoring Training, workshop with trained Bereavement Counsellor, Desty Island Training, Attachment Training and EH4MH Normal Magic.
- Evidence based parenting programmes of Solihull and Timid to Tiger led by Specialist TAs when available
- A dedicated Wellbeing page on the school website school including educational videos and presentations on understanding and managing mental health.
- Calming Caddy and Wellbeing books for every classroom
- Sensory Space and Quiet area in the school playground
- Wellbeing displays and posters around the school
- Themed mental wellbeing calendar events and assemblies

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 including the teaching of this via our Relationships and Health Curriculum. 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 as necessary

Monitoring and Review

Before any Emotional Health and Wellbeing Intervention teachers complete a request form and identify a wellbeing target for the pupil in school. Pupils complete a Wellbeing questionnaire. The same target and questionnaire will be reviewed 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

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

SENDco: Special Education Needs coordinator

RCADS: The Revised Child Anxiety and Depression Scale