



OLDCASTLE PRIMARY SCHOOL
www.oldcastleprimary.co.uk

Inspire - Motivate - Educate

Health and Wellbeing Policy

Health and Wellbeing Policy

Aim

The School promotes the physical health and development, mental health, and emotional and social well-being of all its pupils and its staff. At the forefront of the Oldcastle's Health and Wellbeing curriculum is the priority to support all pupils and staff to understand and appreciate how all components of the health and well-being curriculum are interconnected. Pupils and staff are encouraged to recognise that good health and well-being are important to enable successful learning. Health and well-being permeates all aspects of school life through a whole school approach.

The World Health Organisation's definition of mental health and wellbeing:

“a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”.

Health and Wellbeing is not just the absence of mental health problems. We want all children/young people to:

- Feel confident in themselves
- Be able to express a range of emotions appropriately
- Lead health and active lifestyles
- Be able to make and maintain positive relationships with others
- Cope with the stresses of everyday life
- Manage times of stress and be able to deal with change
- Learn and achieve

We promote a mentally healthy environment through:

Promoting our school values and encouraging a sense of belonging. Promoting pupil voice and opportunities to participate in decision-making. Celebrating academic and non-academic achievements. Providing opportunities to develop a sense of worth through taking responsibility for themselves and others. Providing opportunities to reflect. Access to appropriate support that meets their needs.

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.

Whole School Approach

We take a whole school approach to promoting positive mental health that aims to help children become more resilient, happy and successful and to prevent problems before they arise.

This encompasses seven aspects:

- Creating an ethos, policies and behaviours that support mental health and resilience, and which everyone understands.
- Helping children to develop social relationships, support each other and seek help when they need it.
- Helping children to be resilient learners.
- Teaching children social and emotional skills and an awareness of mental health.
- Early identification of children who have mental health needs and planning support to meet their needs, including working with specialist services.
- Effectively working with parents and carers.
- Supporting and training staff to develop their skills and their own resilience.

At Oldcastle we:

- Help children to understand their emotions and how to control them
- Help children feel comfortable sharing any concerns or worries
- Help children socially to form and maintain relationships
- Support learners sense of self worth
- 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

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- Providing opportunities to reflect
- Access to appropriate support that meets their needs

Targeted support for pupils

The school offers support through targeted approaches for individual pupils or groups of pupils which include:

- Whole School Approach - THRIVE assessments and interventions
- Wellbeing School Dog
- Wellbeing Champions
- Pupil Voice - Ambassadors for all pupils at Oldcastle
- External services - Barnardos, CAMHS, NHS
- Enrichment Fridays - Whole School Approach
- Displays and information around the School about positive mental health and where to go for help and support

Targeted support for staff

- Care First
- The Health and Wellbeing HUB
- Annual Flu vaccine initiative
- Secret Buddy System
- First Aid Training
- Weekly Staff meetings
- Displays and information around the School about positive mental health and where to go for help and support

Policy links

This policy links to our policies on Safeguarding, Positive behaviour, Child protection, Health and Safety, Anti-Bullying , SEN, Health Care Needs, Food and Fitness Policy and Equal opportunities. Links with the School's Positive Behaviour Policy are especially important because behaviour, whether it is disruptive, withdrawn, anxious, depressed or otherwise, may be related to an unmet mental health need.

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. C Littlewood. - Designated child protection / safeguarding officer
- L. Hodgson- Special Educational Needs Officer. THRIVE coordinator
- Miss. E Radford - Health and Wellbeing Area of Learning Experience Lead.
- B. Loughran- MABLE/ THRIVE support.
- C. Lewis, C.Hardy, L.Diehl - THRIVE support.
- L.Diehl - Family Engagement Officer
- D.Murdoch, C.Hardy - Wellbeing Champions

Accreditations

• Carnegie Centre of Excellence for Mental Health in Schools - Mental Health Award - Bronze status
The award takes a whole school approach to mental health and covers eight key competencies each with a series of statements that schools will work to embed. The eight competencies are:

- Leadership and strategy.
 - Organisational structure and culture – staff
 - Organisational structure and culture – pupils
 - Support for staff.
 - Support for pupils
 - Staff professional development and learning
 - Working with parents and carers
 - Working with external services
- Welsh Network of Healthy Schools Schemes (WNHSS) - The underlying principles of the scheme are:
- The importance of pupil participation in core areas of school life which affect health and well-being
 - The importance of the understanding and commitment of the whole school community
 - A positive approach to health

