



Subject: Wellbeing and Mental Health

Rationale

We want all our children to be happy and successful at our school so they can leave us with the skills and knowledge necessary for them to go on to achieve anything they can dream of. Wellbeing and mental health affect how a person thinks, feels and behaves in daily life. Children will only be successful academically if they have a positive level of wellbeing and mental health. We want to ensure that all children are supported to do well emotionally and physically, so that they can achieve academically.

Characteristics of a person with positive wellbeing and mental health (Curriculum Aims)

A person who has a positive level of wellbeing and mental health will be able to:

- feel good about themselves
- learn new things
- enjoy being successful and try again after not being successful yet
- feel, express and manage a range of big and small emotions
- build and maintain healthy relationships with others
- cope with changes and the unknown

Curriculum Intent

Promote positive wellbeing and mental health in all students and staff with input for all children throughout the year.

Develop resilience amongst the children and raise awareness of resilience building techniques.

Enable staff to identify and respond to early warning signs of a child who is struggling.

Have a clear pathway of support in place for those that are identified as needing extra support, with the right support being given in a timely manner.

Curriculum Implementation

PHSE curriculum includes skills, knowledge and understanding to keep themselves, and others, physically and mentally healthy and safe.

Class worship time often focusses on wellbeing and resilience.

“Five Ways to Wellbeing” is a strategy employed throughout the school to promote the purposeful development of positive wellbeing amongst the children.

All staff are trained in spotting the early signs of poor wellbeing or mental health and a triage system is in place to identify individual support needed. This could be additional support in class, 1-1 or group work in school with our Family Liaison Officer or Counsellor or referral to outside agencies.

Curriculum Impact

All barriers to learning around wellbeing and mental health (including the negative behaviour patterns that can accompany this) will be removed or overcome for all children.

Every child will have the opportunity to learn and develop so that they achieve success at school and in their wider community.

Every child will have the opportunity to develop the skills they need to become a happy and successful adult.

Every child will have some understanding of how they can support themselves to have a good level of wellbeing and mental health.