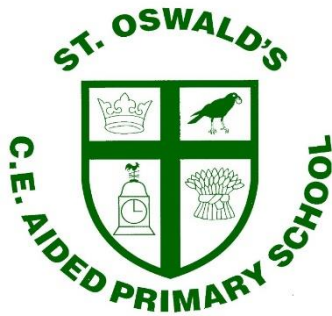


MENTAL HEALTH POLICY

'Love Your Neighbour as yourself' (Luke 10:27)

In God's family there are no outsiders as we nurture one another, accepting our rich diversity, whilst fostering a love of learning. Our Christian values enable us to flourish together as we love selflessly, have eternal hope and walk in faith.



Policy reviewed	May 2025
Next reviewed date	September 2026

'Safe in Your Hands Lord, we love, laugh, learn'

1. Introduction

At St Oswald's CE Primary School, we recognise that mental health is as important as physical health. Our Christian vision values every child as unique and precious. We are committed to creating a safe, supportive environment where pupils are known, understood, and cared for as individuals. Promoting positive mental health is vital for every member of our school community.

This policy outlines how we support and promote mental wellbeing in school, how we respond to concerns, and how we teach children to understand and manage their emotions.

2. A Whole-School Approach to Mental Health

We believe good mental health is a foundation for learning, relationships, and overall wellbeing.

As a school, we:

- Embed emotional development throughout our curriculum and wider school life.
- Use the Zones of Regulation framework to help pupils understand and regulate their feelings.
- Teach that mental health can change and that all emotions are natural, normal, and accepted.
- Provide clear routines, nurturing environments, and trusted adults to help pupils feel safe and supported.

3. Positive Relationships

At the heart of our school culture is the belief that relationships matter.

- All staff take time to build positive, trusting relationships with children and their families.
- Staff are vigilant and proactive in safeguarding, recognising that changes in behaviour or mood may signal emotional distress.
- Staff take an active interest in each child's wellbeing, ensuring that no pupil feels unnoticed or unheard.

4. Emotional Literacy and Self-Awareness

We explicitly teach emotional awareness and wellbeing through:

- PSHE lessons and dedicated wellbeing activities.
- Regular use of Zones of Regulation, giving children tools and language to talk about how they feel.
- Assemblies and worship themes that reflect on emotions, kindness, compassion, and Christian values.
- Encouraging children to be reflective, resilient, and self-aware as they navigate life's challenges.

5. Social Media and Modern Pressures

We are committed to helping children understand and manage the impact of social media and modern life. Through age-appropriate lessons and discussions, we teach pupils to:

- Use digital technology responsibly and mindfully.
- Recognise that what is seen online is not always real or healthy.
- Value real-life relationships and inner worth over online validation.
- Build healthy self-esteem and confidence in the face of peer pressure and societal expectations.

6. Targeted Support and Early Intervention

We understand that some children may need more support at times. Our school offers:

- Access to a trained ELSA (Emotional Literacy Support Assistant) who:
 - Delivers focused, short-term programmes to support emotional needs.
 - Holds regular check-ins with pupils who may benefit from ongoing support.
- Safe, calm spaces in school where children can take a break or ask for help when feeling overwhelmed.
- Close collaboration with parents and carers to ensure joined-up support.

7. Safeguarding and Staff Responsibility

All staff have a responsibility to support the emotional wellbeing of pupils. Our approach is underpinned by our safeguarding policies, and we follow the procedures outlined in Keeping Children Safe in Education (KCSiE).

- Staff are trained to notice changes in behaviour or emotional wellbeing.
- Concerns are recorded and passed on to the DSL or relevant safeguarding lead.
- We ensure children know who they can talk to and that it's always okay to ask for help.

8. Monitoring and Review

This policy will be reviewed bi-annually by the Senior Leadership Team, including the SENCo and Mental Health Lead, in consultation with staff, governors, and where appropriate, pupil voice.

We aim to ensure that all children leave our school with:

- A strong sense of self-worth and identity.
- The emotional tools to manage life's ups and downs.
 - The ability to seek support when needed.
 - Compassion for themselves and others.