

Introduction

At The Gates Primary School, we are committed to promoting the overall wellbeing of all our students, staff, and the wider school community. We recognise that a positive and supportive environment is essential for successful learning, growth, and development. Wellbeing is central to achieving our vision of fostering an inclusive and nurturing school culture where everyone feels valued, supported, and empowered. This policy sets out the principles, strategies, and practices that will be followed to promote mental, emotional, and physical wellbeing for all members of our school community.

Aims of the Policy

- To ensure the mental, emotional, and physical wellbeing of every pupil and member of staff is supported.
- To create a safe, inclusive, and supportive environment that promotes positive relationships and resilience.
- To equip pupils with the tools, knowledge, and strategies they need to manage their wellbeing both now and in the future.
- To raise awareness of mental health and wellbeing across the school, reducing stigma and encouraging open dialogue.

Key Principles

- **Inclusive Environment:** We believe in providing a learning environment where all students and staff feel safe, respected, and valued. We strive to create a community where diversity is celebrated, and everyone's individual needs are supported.
- **Whole-School Approach:** Wellbeing is everyone's responsibility. Staff, parents, and pupils all contribute to creating a culture of wellbeing. It is essential that everyone in the school community is aware of and involved in supporting wellbeing initiatives.
- **Promotion of Positive Mental Health:** We focus on building emotional resilience and mental health awareness by providing a curriculum that supports positive thinking, stress management, and coping mechanisms.
- **Physical Health and Wellbeing:** We support the physical wellbeing of all our pupils by encouraging regular physical activity, providing healthy food options, and teaching the importance of sleep and healthy lifestyle choices.

Objectives

- To offer a balanced curriculum that supports the development of life skills and mental health resilience.
- To foster a positive and caring school culture through activities and initiatives that encourage cooperation, kindness, and mutual respect.
- To offer appropriate support and intervention for pupils with mental health or emotional challenges.
- To ensure all staff are equipped with the skills, knowledge, and resources to support pupil wellbeing effectively.
- To encourage open communication about wellbeing and mental health within the school, creating a safe space for pupils and staff to share concerns.

Key Areas of Focus

1. **Mental Health and Emotional Wellbeing**

- We provide a range of support for pupils to build resilience, cope with stress, and manage their emotions.
- We provide targeted support for students with mental health challenges through individual sessions, small groups, or referrals to external agencies.
- We incorporate wellbeing into the curriculum, including mental health education, mindfulness, and emotional regulation.

2. **Physical Wellbeing**

- We encourage active play and physical activity through PE lessons, after-school clubs, and playground activities.
- We promote healthy eating by providing nutritious school meals, encouraging healthy snacks, and educating pupils on healthy lifestyle choices.
- We teach the importance of sleep and rest in maintaining physical health and overall wellbeing.

3. **Social Wellbeing**

- We encourage the development of positive relationships through team-building activities, group work, and opportunities for pupils to engage with peers.
- We promote kindness, empathy, and respect as core values within the school community.
- We address bullying proactively, with clear policies and procedures to deal with any issues.

4. **Staff Wellbeing**

- We provide opportunities for staff to discuss and reflect on their own mental health and wellbeing, and to access professional support when needed.
- We encourage a healthy work-life balance for all staff members and offer training in stress management and emotional resilience.
- We ensure staff feel supported by offering regular opportunities for professional development and peer support.

Support and Interventions

- **Pastoral Support:** We have a dedicated pastoral support team that works closely with pupils who may need additional support with their emotional or mental health. This includes one-to-one support via the DESTY programme, small group interventions including Art Therapy and Lego Therapy, and referrals to external services when necessary.
- **Mental Health First Aiders:** Our school has trained Mental Health First Aiders who are available to support pupils, staff, and parents with mental health concerns.
- **Collaborating with Parents and Carers:** We encourage active communication with parents and carers to ensure that wellbeing strategies are being effectively implemented at home and school. Parents are invited to attend wellbeing workshops, and we provide guidance on how they can support their child's wellbeing.

Current Practices at The Gates Primary School for Mental Health and Wellbeing

- At The Gates Primary School, we strive to ensure that our children understand the importance of mental health, recognising it as equally important as physical health. Wellbeing is embedded throughout our school culture, and we ensure that all students feel supported, happy, and capable of managing challenges in their learning and beyond.
- Through our curriculum, we teach resilience, confidence, positive self-esteem, and coping mechanisms to all children, ensuring they are equipped to manage the challenges they may face. Our PSHCE curriculum also places a strong emphasis on wellbeing. Long with our Commando Joes character building lessons!

- Our weekly 'Positive Post' letters help children develop an understanding of emotions, self-control, building good relationships, and staying healthy in both mind and body.
- The school promotes a mentally healthy environment by:
 - Promoting our school values and encouraging a sense of belonging.
 - Promoting pupil voice and opportunities for participation in decision-making.
 - Celebrating academic and non-academic achievements to promote self-esteem.
 - Providing opportunities to develop a sense of worth through responsibility for themselves and others.
 - Offering opportunities to reflect on personal development and wellbeing.
 - Ensuring access to appropriate support when needed.
 - Helping children better understand and manage their emotions and feel comfortable sharing any concerns or worries.
 - Supporting the development of emotional resilience to manage setbacks.

Wellbeing for Pupils and Staff

- We have a designated Senior Mental Health Lead and Wellbeing Champion at the school who is responsible for promoting wellbeing for our staff and pupils.
- Our wellbeing champions, made up of various staff members, support wellbeing throughout the school.
- School Council members, who act as Wellbeing Ambassadors, provide a peer support system for students to voice concerns and discuss ways to improve school life.
- We operate an 'open door' policy for parents to discuss any concerns with their child's class teacher.
- We ensure effective transition arrangements and offer additional support when required.
- A range of physical lunchtime activities and quieter lunchtime clubs are available to support students during busy lunchtimes.
- Positive behaviour systems and mental health assemblies help promote resilience, self-management, and positive social behaviour.
- Our curriculum emphasises the development of life skills and character traits based around our 5 R's: responsible, resilient, resourceful, reasoning, and reflective.
- We celebrate events such as World Mental Health Day and Mental Health Awareness Week with planned activities for the entire school.

Monitoring and Evaluation

We will regularly review and monitor the effectiveness of wellbeing initiatives through:

- **Pupil and Staff Surveys:** Regular surveys will be conducted to gather feedback on wellbeing in the school.
- **Inclusion team:** The school have an inclusion team consisting of staff and pupils, to evaluate and improve our approach to wellbeing.
- **Regular Reporting:** The school will report on the wellbeing strategy and outcomes to governors, parents, and the wider school community.

At The Gates Primary School, we believe that mental, emotional, and physical wellbeing are fundamental to the success and happiness of all our pupils and staff. This policy will guide our efforts in creating a supportive, positive, and inclusive school environment where everyone can thrive. We will continue to work in partnership with parents, carers, and external agencies to ensure that our wellbeing strategy is effective and responsive to the needs of our school community.

