



CHANDLERS RIDGE ACADEMY

EMOTIONAL WELLBEING AND MENTAL HEALTH

Date of Next Review: Oct 2025
Responsible Officer: Headteacher

Chandlers Ridge Academy Emotional Wellbeing and Mental Health policy

1. Introduction

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.

At our school we:

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships.
- 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. 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 We pursue our aims through:
 - Universal, whole school approaches
 - Support for pupils going through recent difficulties including bereavement.
 - Specialised, targeted approaches aimed at pupils with needs.

2. Key Themes

2.1 Teaching about emotional wellbeing

The skills, knowledge and understanding needed by our children to keep themselves mentally healthy and safe are included as part of our developmental PSHE curriculum. We mainly used Jigsaw resources for this.

The school will offer support through targeted approaches for individual pupils or groups of pupils which may include:

- Circle time approaches or 'circle of friends' activities.
- Head Start and headstarter children in school
- Managing feelings resources e.g. 'worry boxes' and 'worry eaters'
- School council
- Therapeutic activities including art, lego and relaxation and mindfulness techniques.
- Children mental health weeks

2.2 Signposting

We will ensure that staff, pupils and parents are aware of what support is available within our school and how to access further support.

2.3 Identifying needs and warning signs

All staff will complete CPOMs every time any difficulties arise including:

- Attendance
- Punctuality
- Relationships
- Approach to learning
- Physical indicators
- Negative behaviour patterns
- Family circumstances
- Recent bereavement
- Health indicators

During times of national restrictions a wellbeing weekly tracker is in use by all staff recording phone calls and support provided.

2.4 Working with parents

In order to support parents we will:

- Highlight sources of information and support about mental health and emotional wellbeing on our school website
- Share and allow parents to access sources of further support
- Ensure that all parents are aware of who to talk to, and how to get about this, if they have concerns about their child.
- Make our emotional wellbeing and mental health policy easily accessible to parents
- Share ideas about how parents can support positive mental health in their children.
- share ideas for extending and exploring this learning at home.

2.5 Working with other agencies

As part of our targeted provision the school will work with other agencies to support children's emotional health and wellbeing including:

- Head Start
- The school nurse
- Educational psychology services
- Paediatricians
- CAMHS (child and adolescent mental health service)
- MIND
- Play therapists

3. Roles and responsibilities

3.1 All staff

All staff have training on emotional wellbeing and mental health, also additional training on bereavement. This will be renewed when necessary.

4. Implementation

1. Chandlers Ridge Academy Local Governing Body, Head Teacher, Senior Leadership Team and Teachers are responsible for ensuring that this policy is effectively implemented.
 2. This policy will be available on the Chandlers Ridge Academy Website.
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5. Audit

1. This policy will be reviewed on a 2 year cycle or earlier if necessary.
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