



"Loving, Learning and Laughter Together with God"

Article 29: "Every child has the right to an education."

Article 3: "The best interests of the child must be a top priority in all actions concerning children"

OVERVIEW

This school will do all that it can to promote the Mental Health and Wellbeing of all who learn and work here. We have put into place a number of policies which will be used to promote the mental health and well-being of children and staff. These include, the curriculum policies relating to the development of life skills, the relationships and sex for children, PSHE, the stress policy and well being/work load policies for staff. Promoting healthy lifestyle for all will be a priority.

OBJECTIVES

1. To promote life skills across the curriculum so that children will learn about mental, emotional, social and physical wellbeing.
2. To ensure that the wellbeing of all who work in this school is promoted effectively
3. To ensure that the school has a wide range of appropriate policies in place to ensure that the mental health and well-being of all is considered in everything that we do.

STRATEGIES

1. We will appropriately promote the mental health and wellbeing of children across the subjects of the curriculum taking account of their age and stage.
2. Staff will help children to acquire the relevant knowledge and understanding of the human body and how it works and of the social and emotional factors that influence health.
3. They will encourage children to make informed choices and take appropriate decisions to help ensure that they understand the importance of a healthy lifestyle.
4. We will foster links between school, home and community so that all are involved in a collective responsibility for promoting good health.
5. We will pay attention to the six areas of mental health and wellbeing across the curriculum, these include intellectual/mental, emotional, social, environmental, physical and spiritual wellbeing; planning for choices and changes; physical education and physical activity and sport; food and healthy eating; the dangers of substance misuse and relationships and parenthood.
6. We will use the staff wellbeing and work-load policy and strategy to promote the well-being of staff
7. We will use the stress policy to ensure that the well-being of staff is a priority.
8. We will provide safe and healthy working conditions for all in school.

OUTCOMES

This school is committed to the mental health and wellbeing of everyone here and we will work together with parents and the local community to enable children to make healthy informed choices and to promote the well-being of staff.

Agreed by Governors on: 15 th February 2018 (Min No: 8/18)	Reviewed on: 17 th March 2021
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