

St. Peter's Smithills Dean Primary School

Mental Health and Wellbeing Policy



Approved by:	M. Harding (Headteacher)	Date: September 2025
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Next review due by:	September 2026
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Our School Vision: 'Let Your Light Shine'

At St. Peter's Smithills Dean Primary School, we believe that every member of our school community should be able to flourish and shine in a safe, supportive, and nurturing environment. We are committed to promoting positive mental health and emotional wellbeing for all pupils, staff, and families, enabling them to reach their full potential.

1. Policy Aims

This policy aims to:

- Foster a school culture that prioritises mental health and wellbeing for all.
- Equip children with strategies to build resilience and self-awareness.
- Provide appropriate support for pupils, staff, and families experiencing mental health challenges.
- Promote open conversations about mental health, reducing stigma and encouraging help-seeking behaviour.
- Ensure clear procedures for supporting mental health concerns within the school community.

2. Our Core Values in Mental Health and Wellbeing

Love

We foster an environment of kindness, empathy, and care, ensuring every individual feels valued and supported. We encourage positive relationships and a sense of belonging.

Hope

We instil a growth mindset in our pupils and staff, encouraging perseverance, optimism, and the belief that challenges can be overcome.

Trust

We create a safe space where individuals feel confident to express their feelings, knowing they will be heard, supported, and treated with confidentiality where appropriate.

Respect

We celebrate diversity, embrace individuality, and ensure that everyone's voice is valued. We promote respectful communication and positive interactions.

Thankfulness

We cultivate gratitude by recognising strengths, celebrating achievements, and fostering appreciation for one another and the world around us.

3. Promoting Mental Health and Wellbeing

We take a whole-school approach to mental health and wellbeing by:

- Embedding mental health education within the curriculum, including PSHE and collective worship.
- Encouraging physical activity, healthy eating, and mindfulness practices.
- Providing opportunities for pupils to express emotions through creative activities and reflection.
- Training staff to recognise and support mental health challenges in children.
- Offering pastoral support, mentoring, and signposting to professional services where needed.

4. Supporting Pupils

- We provide a safe and inclusive learning environment where pupils can openly discuss their emotions.
- A designated Mental Health Lead and trained staff offer support for children experiencing difficulties.
- Wellbeing activities, such as nurture groups, peer mentoring, and relaxation sessions, help pupils manage stress and emotions.

- We work closely with parents/carers to ensure a consistent and supportive approach at home and school.
- Clear referral pathways to external support services are in place for pupils needing specialist intervention.

5. Supporting Staff

- We recognise that staff wellbeing is crucial to a positive school environment.
- We encourage a culture of open discussion and peer support.
- Staff have access to mental health training, supervision, and external support where needed, primarily through our connections to www.schooladvice.co.uk
- We promote a healthy work-life balance and offer wellbeing initiatives to support staff, such as an annual well-being day, minimum before/after school meetings and a minimum marking policy.

6. Supporting Parents and Carers

- We engage with parents/carers through workshops, resources, and open communication.
- We signpost families to local and national mental health services.
- We foster strong home-school partnerships to support children's mental health effectively.
- We have a trained mental health champion who can work with parents to signpost them to right support.

7. Responding to Mental Health Concerns

- Concerns about a pupil's wellbeing are taken seriously and addressed promptly.
- We follow safeguarding procedures where necessary.
- Staff are trained to listen non-judgmentally and offer appropriate support.
- Confidentiality is maintained, except where there is a risk of harm.
- We work with external agencies to ensure pupils receive the necessary help.

8. Monitoring and Evaluation

- We regularly review our mental health provision through staff and pupil feedback.
- Our wellbeing initiatives are assessed for effectiveness.
- We are committed to continuous improvement in mental health support across the school.
- Governors have a standing item on every agenda to discuss staff and pupil mental health

9. Review

This policy will be reviewed annually to ensure it meets the evolving needs of our school community.

At St. Peter's Smithills Dean Primary School we are dedicated to ensuring that every child, staff member, and family feels supported in their mental health and wellbeing. By living out our values of **love, hope, trust, respect, and thankfulness**, we enable everyone to truly 'let their light shine.'