



## Statement of Commitment

The mental health and wellbeing of all members of St Matthew's Church of England Primary School (including staff, pupils and parents) is fundamental to our vision and ethos of *"Whatever you do, do it with all your heart"*.

### **Aims:**

- To ensure that through the promotion of positive mental health and wellbeing, all pupils are helped to understand and express their feelings, build their confidence and emotional resilience and therefore their capacity to learn.
- To increase the awareness and understanding amongst pupils, staff and parents / carers of issues involving the mental health and wellbeing of children and to provide support at an early stage to any pupil who appears to be suffering from mental health issues.

### **Promoting positive mental health and wellbeing:**

The culture at St Matthew's Church of England Primary School promotes pupils' positive mental health and wellbeing and avoids stigma by:

- Having a whole-school approach to promoting positive mental health and wellbeing.
- Having a committed staff that sets a whole school culture of positive mental health and wellbeing.
- Having a robust regime of continuing professional development for staff.
- Discussing mental health and wellbeing regularly at School Council meetings.
- Working closely with pupils, parents and carers.
- Developing pupils' resilience and emotional wellbeing through carefully planned PSHE lessons (Jigsaw) and the wider curriculum.

### **Supporting pupils:**

Mental health and wellbeing is a varied and complex area and there are no quick fix solutions. Maintaining every day, regular routines wherever possible, such as, attending school and lessons whilst working towards managing mental health is key. School offers a range of services to help pupils develop positive mental health and wellbeing and to support those experiencing difficulties. These include:

- The Wellbeing Working Party lead and support positive mental health and wellbeing across school.
- Class teachers and teaching assistants are well placed to spot changes in behaviour that might indicate a problem and offer support. This could be caused by many things including loss or separation, abuse, domestic violence or bullying.
- The PSHE curriculum includes mental health topics in order to raise awareness and understanding and provides strategies for developing positive emotional health and wellbeing.
- Links with outside support and specialist agencies (eg. school nurse, CAMHS) provide interventions for those with mental health problems.

### **Referrals:**

Any member of staff, pupil, parent or carer concerned about the mental health and wellbeing of a child should speak to the class teacher in the first instance, or a member of the leadership team, who will then offer advice or seek appropriate guidance.

### **Supporting staff:**

Staff wellbeing is a school priority and this is demonstrated by the following provision:

- Access to the Schools' Choice wellbeing service
- Support from the Wellbeing Champion, Chaplains, line managers and the Headship Group.
- Wellbeing PD days
- Additional release time for subject leaders
- Carefully considered CPD