



Beaumont Primary School
Mental Health and Wellbeing Policy

Date agreed: February 2023

Review date: February 2025



Beaumont Primary School Mental Health and Wellbeing Policy



At Beaumont we have three rights; to learn, to be safe and to be respected.

Introduction

It is important to us at Beaumont that together we work to achieve our three rights through promoting positive mental health and wellbeing, not just for pupils, but the staff and wider school community, too.

Our Rationale

Good mental health and wellbeing raises school success and improvement, as members of the school community;

- Add positivity to teaching and learning; thus raising standards
- Promote social inclusion
- Improve attendance
- Improve behaviour
- Feel happier, more confident and motivated
- Help to meet legal, ethical and curricular obligations as a result.

Our Aims

- A happy, cohesive community who are motivated and therefore take more from their school experience
- Pupils who are more engaged in the learning process
- Pupils who want to achieve and better themselves
- Teachers who are effective practitioners
- Parents, carers and the wider community happy to be involved in school life and learning
- Pupils who are confident, engaged and keen to attend school
- Pupils who feel they have a say in what happens at school, ultimately feeling safe and respected (our school rights)
- No incidents of bullying.
- Improved morale in staff, low staff turnover, positive relationships with pupils and each other

How we implement this

As a school, we provide a range different strategies to both pupils and staff which promotes good mental health and wellbeing:

Pupils

- Qualified first aiders across key stages throughout the day
- Support where necessary from external agencies; i.e. Behaviour Support
- Mental Health and Wellbeing Ambassadors, monitoring their peers' wellbeing and liaising with staff to improve mental health and wellbeing
- Transition events such as 'moving up days' for all classes, including Y6



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- Hygienic toilets ensuring privacy and safety
- Wellbeing surveys delivered in classes to screen and identify children who may need support
- Wellbeing Team to support children identified on the wellbeing register
- Wellbeing activities planned and delivered across the year including Learning for Life
- A Y6 pupil leadership team
- British Values – empowering tolerance, respect, diversity
- A range of extracurricular clubs to broaden or engage children’s interests and hobbies
- High profile of anti-bullying taught through our PSHE curriculum, events and assemblies
- Ensuring our classrooms are safe, stimulating environments with clear rules and routines
- Recognising a range of learning styles and non-academic strengths
- A balanced curriculum with opportunities for a range of learning styles
- Provide appropriate Information, advice and guidance on sex, relationships and drugs

Parents and Carers

- Welcome meetings and coffee mornings
- Parent conferences
- Parent Forum
- Scheduled meetings to discuss changes in the curriculum
- Regular communication regarding pupil progress, behaviour and any pastoral issues
- PSA (Parents Staff Association)
- Opportunities for parents and children to be involved in extracurricular activities together
- Regular fairs and events for parents or carers to attend with their children

Staff

- Senior Mental Health Lead in school
- Hygienic toilets for safety and privacy
- Mental Wellbeing training for all staff
- Newly refurbished staff room
- A staff wellbeing box containing daily essentials to support wellbeing in general
- Curricular planning within the school week
- Access to appropriate external training including in-house training and National college training
- Staff to receive regular updates from Mental Health First Aiders who can signpost staff to any support they may need
- Staff to form part of the Wellbeing Team at school
- Support from Governors including Wellbeing Governors
- Staff involved in decision making and proposed changes at regular staff meetings
- Consultation on support and training needs through regular review
- Regular evaluations of staff CPD



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Roles and Responsibilities

At Beaumont, the whole of school staff and Governors are responsible for promoting positive mental health and wellbeing. The head teacher, senior leaders, Senior Mental Health Lead and PSHE subject leader will demonstrate the importance of this policy, ensure all staff are aware and understand their responsibilities and rights in relation to it. The board of Governors has adopted this policy and will assess and monitor its impact annually. Staff will be expected to know their responsibilities and their role in the policy's implementation, informing their pupils of how the policy applies to them and their rights as a Beaumont pupil.

Monitoring and Review

S Postle and D Sumner to review bi-annually, discussing with head teacher, SLT and Governors when appropriate.

D Sumner

Reviewed February 2023

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