



Policy Number CHI34

Pupil Mental Health and Wellbeing Policy Produced by Childwall Church of England Primary School

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Our Mission Statement

"And the child grew and became strong; He was full of wisdom and God's blessings were upon Him." (Luke 2:40)

Our Vision

We strive, with God's grace, to enable every child to grow academically, socially, morally, spiritually and culturally in the knowledge they are loved by God and are safe and valued within our school community. Our core Christian values are woven throughout our curriculum and wider school ethos to fully prepare each of our children to achieve the highest holistic outcomes.

Our mission statement, "And the child grew and became strong..." (Luke 2:40) embodies our vision and commitment to equip children with the values, knowledge and tools to enable them to thrive and flourish, embracing both success and challenge, prepared for "life in all its fullness." (John 10:10)

DOCUMENT STATUS

| Version | Date | Action |
|---------------|----------|--|
| Version 1 | May 2024 | New policy shared with Vision & Values Committee |
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1. Statement of Intent

At Childwall CE, we are committed to supporting the mental health and wellbeing of our pupils and aim to do so by creating a culture and ethos which normalises discussion around mental health and promotes wellness in all pupils. In our daily life, we will aim to create a calm environment where all children feel free to express their feelings and emotions in the knowledge that they will be respected, listened to and supported by a network of trusted adults.

Our key aim is that our children build resilience to face daily challenges and are ready and able to emotionally cope and thrive in their future life and education.

2. Basic Principles

This policy is to be read and implemented in conjunction with:

- Behaviour for learning policy
- Anti-bullying policy
- Staff wellbeing and work-life balance policy
- Safeguarding policy
- Bereavement policy

Mental Health Provision Map

3. Key Aims of the Policy

- 3.1.1 Promote positive mental health and wellbeing across the whole school.
- 3.1.2. Create a culture of wellbeing and inclusion.
- 3.1.3 Foster a positive atmosphere in school, where pupils feel able to discuss and reflect on their own experiences with mental health.
- 3.1.4 Celebrate the achievements of all pupils to contribute to their feelings of pride and self-worth.
- 3.1.5 Allow pupils to participate in forming our approach to mental health by providing opportunities for pupil voice.
- 3.1.6 Ensure staff have a robust understanding of how to respond to early mental health concerns.
- 3.1.7 Ensure a clear understanding of our Whole School Approach and network of support on offer.

4. Roles

4.1 The Governing Body

- 4.1.1 Will take overall responsibility for implementing this policy.



4.1.2 Will support the Mental Health Lead in the monitoring and implementation of this policy and provide constructive feedback so suitable adaptations can be made to our provision.

4.2 The Headteacher

4.2.1. Will liaise with the Mental Health Lead to monitor the effectiveness of the provision in place.

4.2.2 Will monitor how the Mental Health Lead 'actions' CPOMS concerns.

4.2.3 Will direct those with additional responsibilities for mental health and wellbeing to training and networking opportunities that would be beneficial to our school.

4.3 Staff Members

4.3.1 Are required to adhere to all school policies.

4.3.2 All staff have a responsibility to support the wellbeing of children in their care. Certain roles within our school hold greater responsibility for ensuring children are supported in their mental health. These include:

- Mental Health Lead
- Safeguarding Team
- SENCo
- Pupil Premium Champion
- LAC Champion
- Senior Leadership Team
- Phase Leaders
- Learning Mentor/ ELSA
- PSHE coordinators

4.3.3 Will be role models to all children and will model positive discussions around mental health to proactively work at reducing the stigma still attached to the topic.

4.3.4 Attend all directed training opportunities to ensure they have a thorough understanding of our Whole School Approach.

4.3.5 Will record any concerns around mental health in accordance with the systems in place.



5. Support

- 5.1.1 All children will be taught the importance of maintaining good mental health as part of our PSHE curriculum.
- 5.1.2 All children will have access to resources, which will provide strategies for how to build resilience and identify feelings.
- 5.1.3 School will actively engage in days/ weeks dedicated to promoting positive mental health in children.
- 5.1.4 Our newsletters and website will provide up to date information for parents and carers to access regarding useful websites, workshops, charities etc.
- 5.1.5 The mental health provision map will outline the school's universal offer so all families are aware of the support mechanisms in place.
- 5.1.6 The mental health provision map will ensure families and staff are aware of the options for when further support is required.

6. Concerns

- 6.1.1 When a concern is raised by a staff member or parent, this should be reported to the Mental Health Lead using our internal systems, which include: concern forms or CPOMS.
- 6.1.2 The Mental Health Lead will review concerns in liaison with the SENCo and Learning Mentor to ensure children are receiving the support that best suits their needs.
- 6.1.3 The Mental Health Lead will ensure concerns are escalated and outreach agencies are accessed if a child or family is in crisis.

7. Supporting and working with parents and carers

- 7.1.1. Teachers will be confident in holding early conversations and will understand how to signpost parents/carers to the Mental Health Lead if this is considered the appropriate course of action.
- 7.1.2 The Mental Health Lead will engage in regular training to be fully aware of any changes or updates to the support on offer in the local community.
- 7.1.3 The Mental Health Lead will be confident in signposting parents/carers and working with them to make referrals when this is deemed to be in the best interests of the child.
- 7.1.4 Regular opportunities to bring parents/carers together for training and discussion will be provided by professionals in varying roles to offer a strong network of support in our school community.