Abbey Primary School
Ysgol Gynradd Abbey

Mental Health and Well-Being
March 2025

Approved/Reviewed Date: _____

Signed: _____

Overview

Mental health is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her own community. (World Health Organisation)

Mental Health affects all aspects of life and behaviour including learning. At Abbey Primary School, we are committed to promoting positive mental health and well-being to all pupils, their families, members of staff and governors.

Aims

At Abbey Primary School we aim to:
- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships
- promote self-esteem and ensure children know that they count
- encourage children to be confident and 'dare to be different'
- help children to be persistent even when faced with challenges
- help children to develop emotional resilience and to manage setbacks
- help children to develop a 'Growth Mindset'

The purpose of this policy is to improve pupil outcomes by developing:
- Resilient, happier and more motivated pupils and staff who get more out of life
- Pupils who are more engaged in the learning process
- Pupils who can concentrate and learn better
- Improved standards in all subjects, including literacy and numeracy
- Improved attainment
- More effective teaching
- Parents and carers who are more involved in school life and learning Behaviour and Attendance
- Pupils with high self-esteem and confidence
- Pupils who have a say in what happens at school
- More engaged learners
- Good concentration, behaviour and attendance
- Positive peer relationships Staff Confidence and Development
- High morale
- Staff with high wellbeing leading to lower absenteeism
- Stable, content and consistent workforce
- Positive and effective relationships with pupils

Strategies

To encourage and support the whole school community to be positive in its approach to mental health wellbeing. Issues around mental health and well-being will be taught explicitly through the curriculum where relevant for example during PSHE lessons but perhaps the most powerful tool for the continual promotion of positive mental health and wellbeing is through our shared ethos and values.

As a school we will:

- Promote knowledge and understanding of both internal and external support services.
- Provide guidance and support to all those connected with the school to help them develop confidence in their ability to manage mental health and emotional wellbeing.
- Provide appropriate training and information to staff and governors on mental health and emotional wellbeing.
- Have a named Mental Health and Wellbeing Champion who are responsible for coordination and delivery of the school's mental health and emotional wellbeing strategy – Dr. Lisa John, Director of Therapies – Mental Health and Learning Disabilities.

- Seek to integrate mental health and emotional support across the curriculum.
- Keep this policy under review and make changes when legislation and best practice requires.
- Promote a culture which supports and encourages members of the community to feel confident in discussing issues around mental health and well-being.
- Provide a framework for responding appropriately to mental health wellbeing.
- Recognise that staff have the responsibility to alert others to potential and actual indicators of mental health needs and to take this action whenever necessary. For pupils, through our referral system and for staff, via their line manager or the Senior Management Team.
- Co-operate with other organisations involved in the delivery of mental health and emotional support services.
- Observe the principles of confidentiality and GDPR in respect of mental health and emotional wellbeing.