

Eleanor Palmer School
Mental Health and Wellbeing Policy - Introduction

At our school, we aim to promote positive mental health and wellbeing for our whole school community; pupils, staff and parents, and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health. We recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement.

Our aim is to help develop the protective factors which build resilience to mental health problems and be a school where;

- All pupils are valued;
- pupils have a sense of belonging and feel safe;
- pupils feel able to talk openly with trusted adults about their problems without feeling any stigma;
- positive mental health is promoted and valued;
- bullying is not tolerated.

In addition to children's wellbeing, we recognise the importance of promoting staff mental health and wellbeing.

We use the World Health Organisation's definition of mental health and wellbeing
"a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community".

Mental health and wellbeing is not just the absence of mental health problems. We want all children/young people to

- Be resilient;
- feel confident in themselves;
- be able to express a range of emotions appropriately;
- be able to make and maintain positive relationships with others;
- cope with the stresses of everyday life;
- manage times of stress and be able to deal with change;
- learn and achieve.

In formulating our policy and practice we have adopted a common sense approach, which takes into account the unique characteristics of our school and its community, as well as our values, ethos and school culture. In particular we have taken into account:

- ☐ our close and inclusive school community, which is so highly valued by parents (see Annual Parents' Questionnaire);
- ☐ The central focus we have on the class, and the relationships between staff and children therein, built on trust and knowing the children very well;
- ☐ close relationships between families and school as an important tool in monitoring needs regarding mental health and wellbeing with regards to pupils as well as parents;
- ☐ parental engagement and participation in school learning as a mean to improving children's achievement (particularly our 'hard to reach' children and families);

As a school we closely follow the guidance of the Local Authority, namely the Camden Children, Schools and Families Model Safeguarding and Child Protection Policy, and the wider legislative framework. This full policy is attached.