



# **Hampton Junior School**

## **Mental Health and Wellbeing Policy 2023/24**

**‘Be the best you can be!’**

## **Mental Health and Wellbeing Policy 23-24**

At HPP we are aware, more than ever, of the growing need to adopt a whole-school approach to promoting positive mental health and wellbeing in these challenging times. We help children flourish, learn and succeed by providing opportunities for them to develop the strengths and coping skills that underpin resilience and increase their self-esteem. We see positive mental health and wellbeing as fundamental to our values, mission and culture.

Here are some of the many things we have put in place to ensure the promotion of positive mental health and wellbeing is embedded across HPP.

### **Personal, Social, Health and Economics Education Curriculum (PSHE)**

Our revised PSHE curriculum (in line with statutory guidance 2020) focuses on the core themes of health education and relationships education. Through weekly lessons, pupils are taught about physical health and mental wellbeing. The aim is to give them the information they need to make good decisions about their own health and wellbeing. It promotes pupils' wellbeing through an understanding of their own and others' emotions and the development of healthy coping strategies. It also contributes to safeguarding, providing pupils with knowledge, understanding and strategies to help keep themselves healthy and safe, as well as equipping them to support others who are facing challenges.

### **Staff Training**

All staff have been given training on how to spot the signs of mental health needs. Our PSHE leads and other staff across the partnership have taken part in the 'Mental Health Champions Foundation Programme', run by Place2Be, to enable them to gain a deeper understanding of mental health and wellbeing. Both schools have a senior mental health lead who is responsible for developing a whole-school approach to mental health, together with sharing approaches to promoting positive health and wellbeing with all staff. Several staff members are fully trained in programmes to support wellbeing such as drawing and talking, social thinking and zones of regulation.

### **Promoting Mental Health Awareness**

Through themed days and weeks such as 'World Mental Health Day', 'Healthy Mind, Healthy Body week' and 'Mental Health and Wellbeing week' we have been able to raise the profile of mental health and wellbeing across the partnership. The children have enjoyed Tai Chi and yoga workshops, mindfulness activities, mental health and emotional resilience workshops and Nuffield Health workshops. Some of our older children have even presented assemblies about mental health and wellbeing. By talking openly about mental health issues, it destigmatises mental health by teaching pupils that everyone has mental health; that our mental health can fluctuate; it is ok not to be ok; and that there are things that we can do that make us mentally healthy.

### **Managing Emotions, Promoting Resilience and Building Self-Esteem**

The introduction of wellbeing boxes into the classrooms and weekly activities to develop mindfulness and resilience ensure that wellbeing is promoted throughout the school day. Regular circle time in KS1, together with the use of Zones of Regulation across the partnership, allows the children to experience a supportive environment in which social, emotional and behavioural skills can be developed. In both schools we have a lunchtime drop-in session, 'Honeypot', where children can find a more structured approach to playtimes to support their social and emotional wellbeing.

## Home/School Support

HPP have access to a school counsellor or play therapist who is able to work with children across the partnership in supporting their mental health and wellbeing. HPP also employs a Parent Support Advisor. Her role is to support parents in understanding and engaging with children's learning and development.

Our mental health and wellbeing policies are available on our school website.

For information and advice on a range of mental health needs we can recommend the parent and carer's section on the website [www.annafreud.org](http://www.annafreud.org)