



## **Mental Health and Wellbeing Policy**

At HISN we support children to 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.

The ethos at HISN is promoting positive mental health and wellbeing through a holistic nurturing environment for the school community. In order to support and promote this ethos we ensure the curriculum, staff CPD and pastoral provision underpin the importance of mental health and wellbeing.

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

Our 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 CPD**

The mental and wellbeing ambassador at HISN has completed the mental health first aid certification to enable them to gain a deeper understanding of mental health and wellbeing and share approaches to promoting positive health and wellbeing for the school community. Staff have received training from the EP on emotional coaching and zones of regulation in order to better support children's emotional responses. In addition to this we have staff members trained in programmes to support wellbeing such as drawing and talking. The school has a parent support advisor who works with families and outside agencies to address difficulties within the home.

### **Nurturing interventions**

- Drawing and Talking
- Play therapy
- Lunchtime activities such as Lego club and Sports club

### **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 school news features a mental health information page which includes whole family mental health and is reflected of some of the themes we see in school such as; sleep routines, healthy eating habits and promoting regular outdoor exercise.

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

Regular circle time in KS1 underpinned by the use of Zones of Regulation and emotion coaching allows the

children to develop their social, emotional and behavioural skills.