



Student Wellbeing Policy

1. Context

Schools have an important role to play in supporting the mental health and wellbeing of their pupils, by developing approaches tailored to the particular needs of their pupils.

All schools are under a statutory duty to promote the welfare of their pupils, which includes: preventing impairment of children's health or development, and taking action to enable all children to have the best outcomes. (Mental health and behaviour in schools, November 2018, DfE)

2. Policy Statement

Christleton High School promotes the mental and physical health and emotional wellbeing of all its students by putting wellbeing at the forefront of the school's PSHE curriculum, encouraging mindfulness and promoting good mental health as a priority.

The school shares the five values of caring, commitment, cheerfulness, collaborative and creative with students. The physical, mental and emotional health benefits of exercise are well documented and the school actively encourages sport for all.

The school understands that the needs of some students should be met by CAMHS, therefore a counsellor is employed once a week to meet with referred students.

Through the school council, the school community has identified 10 key characteristics that are fundamental to good mental health and wellbeing:

- Good sleep pattern
- Regular exercise
- School –life balance
- Inner confidence
- Mindfulness
- Communication with others/peer support
- Not becoming isolated
- Being organised
- Emotional resilience – accept being good enough
- Balanced diet

Educating students, staff and parents about mental health issues reduces the stigma attached to mental health issues. This is done through tutor time activities, assemblies and PSHE with the students, through staff Inset and through updates to parents. There is a commitment to developing a mindfulness programme both during form time and lunchtimes.

3. Our Aims

The policy and its associated procedures aim to:

- outline the school's approach to mental health issues
- promote understanding and awareness of mental health issues so as to facilitate early intervention for mental health provision
- alert staff to warning signs and risk factors
- provide support and guidance to all staff, including non-teaching staff and governors, dealing with students who suffer from mental health issues
- provide support to students who suffer from mental health issues, their peers and parents/carers

4. Our Responsibilities

- Christleton High School is committed to safeguarding and promoting the welfare of children and young people, including their mental health and emotional wellbeing, and expects all staff and volunteers to share this commitment.
- We recognise that children have a fundamental right to be protected from harm and that students cannot learn effectively unless they feel secure. We therefore aim to provide a school environment, which promotes self-confidence, a feeling of self-worth and the knowledge that students' concerns will be listened to and acted upon.
- Every student should feel safe, be healthy, enjoy and achieve, make a positive contribution and achieve economic wellbeing (Every Child Matters, 2004, DfES).
- The school has appointed a Designated Safeguarding Lead (DSL) who is responsible for matters relating to child protection and welfare. Parents are welcome to approach the DSL if they have any concerns about the welfare of any child in the school, whether these concerns relate to their own child or any other.
- The DSL, together with two Deputy DSLs, uphold the aims of the Safeguarding and Child Protection Policy, promoting an environment in which children can feel secure and safe from harm. The Safeguarding Governor meets regularly with the DSL to review the school's safeguarding procedures and reports to Governing Body.
- In addition to the child protection measures outlined in the School's Safeguarding and Child protection policy, the school has a duty of care to protect and promote a child or young person's mental or emotional wellbeing.
- The school has a designated Wellbeing Coordinator who is responsible for ensuring that the internal procedures supporting this policy are followed on a day to day basis.
- The Wellbeing Coordinator and DSL's signpost and make referrals to internal and external mental health and wellbeing providers.
- If a student is absent from school for any length of time, then appropriate arrangements will be made to send work home. This may be in discussion with any medical professionals who may be treating a student.
- If it has been necessary for a student to take time off school, every step will be taken in order to ensure a smooth reintegration back into school when medical staff advise the child is ready.
- The student's Head of Year will work alongside Student Services with the student to create an Individual Care Plan if appropriate. If a phased return or personalised timetable is deemed appropriate, this will be agreed with parents.

Approved by the Governing Body on 7 November 2019

Reviewed and amended by RH Oct 2020

Approved by Governing Body on 3 December 2020

Reviewed and amended by RH May 2021

Approved by the Governing Body on 30 June 2021