



Our Mental Health and Wellbeing Policy

Child-friendly version



"Breaking the Stigma and Promoting Well-Being"

Mental health is an important part of our well-being. Let's come together to understand, appreciate, and support the importance of maintaining mental health for a happier and more productive life.

What is this?

Your school has a Mental Health and Wellbeing policy for staff, families and governors. This child friendly policy is designed for children within primary school.

What is Mental Health and Wellbeing?

How you feel inside your head and your heart, and how you handle your big feelings every day

What is Mental Health?

- **Your feelings:** It covers happy, sad, angry, scared, and excited feelings.
- **Not being perfect:** Having good mental health doesn't mean you never feel bad. Everyone gets upset or mad sometimes.
- **Handling feelings:** It means knowing what you feel and finding a safe way to calm down.

What Is Wellbeing?

- **Feeling good and safe:** It is when you feel loved, safe, and ready to learn or play.
- **Taking care of yourself:** Eating healthy food, sleeping well, and running outside helps your body and your mind feel strong.
- **Asking for help:** Knowing you can talk to a trusted adult when you have a big worry.

What can we do to look after our Mental Health and Wellbeing?

The 5 Steps :

- **Connect:** Build strong relationships with family, friends, colleagues, and neighbours to have a sense of belonging and support
- **Be active:** Find physical activities you enjoy—like walking, cycling, dancing, or gardening—to lift your mood and stay healthy.
- **Take notice:** Pay attention to the present moment, your thoughts and feelings, and the world around you to stay grounded.
- **Keep learning:** Try new hobbies, fix something broken, or learn a new skill to boost your confidence and sense of achievement.
- **Give:** Do kind acts for others, say thank you, or volunteer your time to enhance your own emotional health and connections



How we learn about Mental Health and Wellbeing in school.

In school we learn about Mental Health and Wellbeing in many ways:

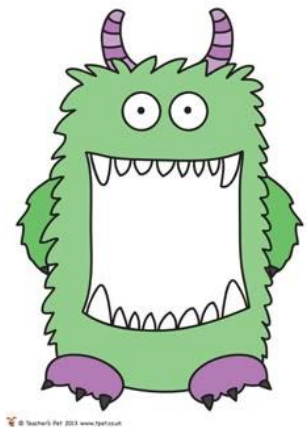
PSHE lessons – we learn about feelings, friendship struggles and how to deal with situations we find tricky.

Assemblies – We learn about different topics through our assemblies with staff, Reverend Tim and guests who come into the school.

Special days and weeks – World Mental Health Day and Children's Mental Health Week

Who can talk to if we have a problem?

- Trusted Adults:
- Our teachers and staff in school
- Our parents and guardians
- Our family members
- Our out of school coaches and leaders at our favourite clubs.
- In school we also have our Kindness Ambassadors
- And of course our friends



In school we also use other methods to speak to our teachers if we are not feeling ourselves.

In Reception, Yr 1 and Yr 2 we have our Worry Monsters. In Yrs 3, 4, 5 and 6 we have the 'Let's talk' boxes in the corridors.

If you don't feel you can speak to someone you can complete a form and place it in one of the 'Let's talk' boxes around school.

Name:

I would like to talk.....

about.....

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