

“Bee” long
“Bee” lieve
“Bee” have



Each bee plays a part in the hive

Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ.

1 Corinthians 12: 12-31



Stretton Sugwas Church of England Academy

Mental Health and Well-Being Policy



**Reviewed: Autumn 2023
Mr B Ford and Sports Leader Pupils**

Introduction: Our Vision

“Each bee plays a part in the hive.”

At Stretton Sugwas Church of England Academy, our Christian ethos is built upon the theme of the Body of Christ, which teaches us that we are all an important part of a team, have a unique role to play and must work together to help others. As a result, we encourage everyone in the school community to **belong** to a team, **believe** in themselves and **behave** in a compassionate way.

With regards to Mental Health and Well-Being, everything outlined in this policy-to the best of the school’s ability- is designed to help *all* pupils to receive the care that they need to help them communicate their feelings and develop positive coping strategies.

The Mental Health and Well-Being Lead Practitioner at Stretton Sugwas is Mrs Cath O’Reilly.

What Do We Mean By Mental Health and Well-Being?

Mental health in this context refers to the health of the mind. Healthy and positive thoughts built on compassion towards oneself, others and their environment. Compassion is important if feeling positive is not present at a given moment in time.

Well-being in this context is the morale and general happiness in life that a person feels.

✳ “Bee”long: Who Is This For?

In short, this policy is for *all* children at Stretton Sugwas Church of England Academy. This means that, regardless of race, gender, disability, religion or any other factor, mental health and well-being provision is accessible to every single pupil.

🏠 “Bee”lieve: What Do We Believe?

The school believes that mental health is just as important as physical health, although harder to spot without communication.

The school believes:

- Developing children’s resilience is key. Problems often aren’t going to go away but a positive outlook and other healthy coping strategies can forge a way forward.
- Children will need to be challenged in a sensitive way on negative or unhealthy behaviours.
- School can contribute to anxiety and should listen to any criticism wisely.
- It’s the responsibility of everyone around the child to foster positive mental health and well-being. We have a duty to support the home setting for the benefit of the pupils.
- Tackling online abuse is hugely important in promoting positive mental health.
- Parents/carers should contact school as soon as possible if they have concerns.

- Spiritual health is a form of mental health too.
- Acceptance and tolerance of others is important and part of our British Values.
- Respect to oneself, other and the environment is healthy.

♥ **“Bee”have: What Will The School Do?**

The staff and governors at the school will:

- Use positive language regularly to reinforce how wonderful the children are, praising their uniquely special qualities.
- Listen to children and not dismiss their concerns.
- Provide spaces to communicate or talk about worries.
- Work with families.
- Signpost parents.
- Work with agencies.
- Create an environment in the classroom and school environment that promotes positive mental health by talking or communicating feelings.
- Identify abuse/report abuse, where appropriate.
- Educate children on mental health issues and well-being strategies.
- Communicate with parents and children anything that may help identify and improve pupil mental health.
- Find the time, wherever possible.
- Offer prayer, where appropriate.

Sports Leaders and Pupil Voice: What Will The Pupils Do?

The Sports Leaders (from Y2 to Y6) met together and clarified that – in order to promote positive mental health and well-being for all children- pupils will:

- Listen to anybody’s concerns and ideas
- Communicate worries and concerns.
- Talk to the class teacher, staff, breaktime supervisors or Beekeepers (playground helpers)
- Use the Worry Box in class
- Use the Feelings jigsaw in class
- Ask if people are okay throughout the day
- Talk nicely to people
- Try to cheer people up
- Not shout- speak calmly to each other if there is a problem
- Try and do an advice board- if you’re feeling angry, try not to shout and remove yourself from the conversation
- Offer advice to help others, for example, “Stop and count to 10...breathe!”
- Have displays in class to show how amazing everyone is, like a “Wow Wall”, “Bee” you or “Bee” proud
- Create calming spaces like the Rainbow Room or Rainbow Spaces around the school for children to have some quiet time.

What Can Parents/Carers Do?

Parents and carers can help the staff, governors and children of Stretton Sugwas by:

- Talking to their children about their successes.
- Talking to them about concerns.
- Reassure children that school will support them.
- Pass on information to school.
- Ask school how their children are doing.
- Request that school keeps an eye on any concerns that may have an impact on mental health or well-being.
- Listen to any concerns that school has and support at home.
- Listen to praise from school and pass that on too.
- Model conflict management by talking about feelings calmly in a safe environment.

Complaints or Concerns

Any complaints or concerns regarding the mental health and well-being provision at Stretton Sugwas Church of England Academy can be directed to the Head of School, Executive Headteacher, or in extreme cases, the Chair of Governors. Contact details can be found on the school website.

We are a listening school.