



Bryn St. Peter's C.E. Primary School



Positive Mental Health and Wellbeing Policy





## Policy Statement

At Bryn St. Peter's, we are committed to promoting positive mental health and emotional wellbeing for all pupils, staff, and families. We recognise that wellbeing underpins learning and achievement, and we aim to provide an environment where everyone feels safe, valued, and supported.

## Aims

Our policy aims to:

- Promote positive mental health across the whole school community
- Increase understanding of mental health and reduce stigma
- Identify and support pupils and staff experiencing mental health difficulties
- Provide clear procedures for responding to concerns and disclosures
- Work in partnership with families and external agencies when needed

## Leadership and Responsibilities

All staff share responsibility for promoting mental health and wellbeing.

Key staff with specific roles:

- **Designated Safeguarding Lead (DSL):** Mr A. McConnell
- **Mental Health Lead:** Mrs C. Brady, supported by Miss H. Hilton
- **SENCo:** Mrs C. Brady
- **Headteacher:** Mr A. McConnell

Concerns about a pupil's mental health should be reported to the Mental Health Lead or DSL. In an emergency, staff must follow safeguarding or first aid procedures and contact emergency services if necessary.

## Support and Early Identification

Staff are trained to recognise early signs of emotional distress such as withdrawal, changes in mood, attendance, or academic performance.

Support may include:

- Pastoral support or mentoring
- Emotional literacy interventions
- Referral to CAMHS or external professionals (through the Mental Health Lead)
- Individual care plans developed with parents and professionals where appropriate



- Wigan Family Welfare
- Counselling available in-house



### Teaching and Learning

Mental health education is delivered through our **PSHE curriculum**, following DfE and PSHE Association guidance. Pupils learn about managing emotions, resilience, healthy relationships, and how to seek help.

### Working with Parents and Carers

We work closely with families to support pupils' wellbeing. Parents are informed when concerns arise unless doing so would place the child at risk. Information and resources are shared through school communications, and parents are encouraged to contact staff if they have concerns about their child's mental health.

### Confidentiality

Staff will be open and honest about the limits of confidentiality. Concerns are shared with the Mental Health Lead or DSL as appropriate. All records are stored securely in line with data protection and safeguarding requirements.

### Staff Wellbeing

We value and support the wellbeing of all staff. Opportunities for wellbeing discussions, access to supervision or support, and professional development on mental health awareness are provided.

### Training

All staff receive regular training as part of safeguarding and CPD. The Mental Health Lead will identify additional training needs and ensure key staff are up to date with local support networks.

### Monitoring and Review

This policy will be reviewed every three years, or sooner if legislation or guidance changes. The Mental Health Lead will monitor its implementation and impact, reporting to the Headteacher and Governors.

