



# St Michael and All Angels Catholic Primary School Mental Health & Wellbeing Policy

2025-26

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## Mission Statement

***Believe-Achieve- Belong...together with Christ.***

*In the light of St Michael the Archangel, we strive to be Champions of all Christians and to the Church itself.*

### **Christ Centred Aim- Believe**

- to live the Gospel Values and live life to the full with forgiveness, love, respect and kindness for all.

### **Teaching and Learning Aim- Achieve**

- to learn, grow and inspire as we act as role models, when we care for others, the world and the environment

### **Community Aim- Belong**

- to be messengers of Christ opening a door to the Church for the community to share its Gospel Values both locally and globally.

## Mental Health & Wellbeing Policy

### 1. Policy Statement

St Michael and All Angels Catholic Primary School is committed to promoting positive mental health and emotional wellbeing for all pupils, staff, governors and families. We recognise that mental health is a vital part of overall health and that emotional wellbeing affects learning, behaviour, relationships and attainment.

We value the dignity of every person, consistent with our Catholic ethos and mission to champion respect, compassion and stewardship of all members of our community.

This policy describes our whole-school approach to mental health and wellbeing.

### 2. Scope

This policy applies to:

- All pupils across the school
- All staff (teaching and non-teaching)
- Governors
- Families and carers
- Visitors and volunteers

### 3. Aims

We aim to:

- Provide a welcoming, safe and inclusive environment that supports positive mental health
- Help pupils understand and talk about emotions, behaviours and wellbeing
- Identify and support children whose wellbeing may be at risk
- Equip staff with appropriate skills and training to recognise and respond to mental health needs
- Ensure mental health and wellbeing is part of curriculum, pastoral support and safeguarding practice
- Signpost staff, pupils and families to internal and external support and resources

#### 4. Whole-School Approach

Mental health and wellbeing at SMAAA is promoted through:

- Implementation of the My Happy Mind programme to build resilience, emotional regulation and self-esteem
- Curriculum teaching in PSHE/RSHE that includes identification of emotions, coping strategies, healthy relationships and wellbeing
- A pastoral support system where pupils are encouraged to speak to trusted adults about worries
- Staff wellbeing support, including access to relevant resources and signposting
- Monitoring of pupil wellbeing through observations, assessments and pastoral discussions

#### 5. Links with Safeguarding

Mental health can be linked to safeguarding concerns. Staff will:

- Be alert to behavioural and emotional changes that may signal wellbeing issues
- Follow the Safeguarding & Child Protection Policy if a child is at risk of harm
- Refer concerns to the Designated Safeguarding Lead (DSL) promptly
- Understand that some mental health needs may be connected to experience of abuse, neglect or trauma, and respond accordingly

#### 6. Teaching About Mental Health

We believe that education about mental health and wellbeing builds understanding and resilience. This includes:

- Age-appropriate lessons on emotional literacy, stress management and coping skills
- Opportunities to talk about feelings in class and assemblies
- Lessons that promote confidence, self-worth and respectful relationships
- We link with outside agencies to enhance the offer for pupils (Bully Busters, MHST, Listening Ear, LFC foundation, Adam Foundation, CELLS, THiNK)

Pupils are taught that wellbeing is as important as academic learning and are supported to recognise when they need help.

#### 7. Identifying Needs & Support

We support mental health by:

- Monitoring pupil wellbeing through class teacher observations
- Regular pastoral reviews and Inclusion Team meetings
- Early identification of needs such as anxiety, social withdrawal, or behavioural change
- Providing targeted support (e.g., small-group work, check-ins, resilience coaching)
- Referring to external agencies when additional specialist support is needed

## 8. Roles & Responsibilities

### **Governing Body**

The Governing Body should:

- Ratify this policy annually
- Monitor effectiveness of provision for mental health and wellbeing

### **Executive Headteacher**

The Executive Headteacher is responsible for:

- Ensuring wellbeing is resourced and supported
- Providing leadership and vision in implementing this policy

### **Designated Safeguarding Lead (DSL)**

The DSL will:

- Coordinate mental health support alongside safeguarding
- Refer pupils to external support services as needed

### **Staff**

All staff will:

- Promote a culture of wellbeing and positive relationships
- Respond sensitively to pupils expressing emotional concerns
- Know how to refer concerns to pastoral or safeguarding leads

### **Pupils**

Pupils are encouraged to:

- Talk openly about feelings and seek help from trusted adults
- Respect others' mental health and wellbeing
- Engage in lessons and wellbeing activities

## 9. Staff Wellbeing

Staff wellbeing is essential for a healthy school culture. The school will:

- Provide access to wellbeing resources and support networks
- Encourage a supportive working environment
- Offer relevant training and development on mental health awareness

## 10. Working with Families

We will:

- Share information with parents/carers about our approach to mental health
- Signpost families to support services
- Work collaboratively with families when children require additional support

## 11. External Support and Signposting

Families and pupils can access support through:

- School staff and trusted adults
- Local mental health services and community organisations
- National support networks

[Young Minds](#)

[Anna Freud](#)

[The Children's Society](#)

[NSPCC](#)

## **12. Monitoring & Review**

This policy is reviewed annually by the Governing Body and will be updated in response to:

- Changes in legislation
- Emerging best practice
- Feedback from pupils, staff and families

**Reviewed:** September 2025

**Next Review:** September 2026

## **Mental Health & Wellbeing at SMAAA**

At St Michael and All Angels, your child's happiness and wellbeing are as important as learning.

### **What We Do**

- Teach pupils about emotions, resilience, and coping strategies
- Deliver PSHE and My Happy Mind lessons across school
- Provide pastoral support - pupils can speak to trusted adults anytime
- Offer extra help for children who need one-to-one or small group support
- Support staff wellbeing so they can help children thrive

### **Working with Families**

- Keep parents informed and involved in wellbeing support
- Share resources and guidance for families at home
- Work with specialist professionals if needed

### **Safe and Caring Environment**

- All staff trained to notice early signs of distress
- Wellbeing linked to safeguarding and child protection
- Create a safe, respectful, inclusive environment for all pupils

### **Getting Extra Support**

- Pupils and families can speak to our Designated Safeguarding Lead (DSL)
- Links to local and national support services available when needed