



St Mary's R C Primary School, Clive Road, Failsworth, Manchester M35 0NW

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WELL-BEING POLICY

Version	Date	Amended by	Recipients	Purpose
1	May 2018	N/A	All Staff	

This document requires approval by governors

Name	Position	Date Approved	Version
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Distribution

This document has been distributed to:

Name	Position	Date	Version
	All Teaching Staff	May 2018	1
	All Support Staff	May 2018	1
	Governors	May 2018	1

“The Lord does not keep his distance, but is near and real. He is in our midst and he takes care of us.”

Pope Francis (World Youth Day 2016)

St Mary's Catholic Primary School seeks to support positive Emotional Health and Well-being in the whole of our school community for adults as well as children.

CONTEXT AND RATIONALE

Emotional health and well-being promotes school success and improvement by:-

- Contributing positively to priorities such as enhancing teaching and learning, raising standards, promoting social inclusion and improving behaviour and attendance.
- Involving pupils more fully in the operation of the school.
- Helping pupils and staff feel happier, more confident and more motivated.

AIMS

General

- Happier and more motivated pupils and staff who get more out of life Teaching and Learning.
- Pupils who are more engaged in the learning process.
- Pupils who can concentrate and learn better.
- Improved standards in all subjects, including literacy and numeracy.
- Improved attainment.
- More effective teaching.
- Parents and carers more involved in school life and learning

Behaviour and Attendance

- Pupils with high self-esteem and confidence.
- Pupils who have a say in what happens at school.
- Fewer disaffected pupils, disengaged from learning.
- Improved behaviour and attendance.
- Less bullying.

Staff Confidence and Development

- Improved morale.
- Lower absenteeism.
- Better recruitment level.

- Positive and effective relationships with pupils.

Each pupil will have access to members of staff who will:-

- Work to ensure the pupil is happy and safe in school.
- Deal with any problems or concerns in a positive and supportive manner
- Provide relevant learning opportunities about pastoral concerns and practices.
- Act as a supportive link to parents, carers, family and external services
- Ensure that information about the pupil is used sensitively to support their well-being and achievements.

Teaching Points

A variety of teaching methods is beneficial e.g. class, group, pairs, individual. Open enquiry, the expressing of opinions, sharing views, oral and written work, music and drama, should be utilised to present the programme. The Health and Well Being programme will allow broad and balanced coverage of issues relating to all aspects of health, affording access to information appropriate to young people's ages and stages.

WINNING WAYS TO WELLBEING



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 Mental Health Foundation
of New Zealand
www.mentalhealth.org.nz

Outside Agencies/Visitors

It is widely recognised that specialists and experts from other agencies can provide information, expertise and insights that class teachers would not normally be able to provide. The use of other agencies to complement and enhance the work of the class in a planned way is to be encouraged. It is important that the school enters into discussion with the agency prior to the input to ensure that it will indeed complement the ongoing curriculum. The Well-Being Coordinator will ensure that agencies come from reputable sources, satisfy guidelines for their use and are approved for use in schools by the education authority. For example, School links, School Counsellor (3 days) and Speech and Language Therapists.

Parents

The school will consult and involve parents appropriately in our approaches to learning and teaching but particularly so in relation to sensitive issues such as sexual health and drug education. The school follows a PSHE programme which is set at an appropriate level of understanding for each year group.

Responsibility of All

Everyone within the school, whatever their contact with children may be, shares the responsibility for creating a positive ethos and climate of respect and trust – one in which everyone can make a positive contribution to the well-being of each individual within the school and the wider community.

Well-Being Provision at St Mary's

Universal	Selected	Targeted
<p>Adjustments, interventions and support accessible to all children.</p>	<p><u>Stage 1</u>-Support and interventions delivered using the school's resources and led by a staff member.</p> <p><u>Stage 2</u>- As above but including the support of an external professional through consultation.</p>	<p>Support and interventions for children who have more complex and enduring emotional or mental health needs.</p>
<ul style="list-style-type: none"> • Catholic ethos-statements of belief. • Breakfast Club • Oasis room-designated area. • Kagan structures-team building... • Celebration assemblies. • Star/house point charts. • School council. • Well-being day. • Well-being/friendship group(x1 per week) • Daily exercise-daily mile/ 'i-moves' dance/ sports sessions. • Worry monsters/boxes • MIND assemblies. • Assemblies by NSPCC, Childline. • Always Badge raffle/treat days. • Go Noodle. 	<ul style="list-style-type: none"> • Lego Therapy. • Meet and Greet. • Positive People. • Time to Talk. • Socially Speaking. • Social stories. • MIND workshops. • Behaviour/Home school diaries. • Weekly 'Nurture Group'. • Pastoral/Family support officer. • Health Professionals-school nurse.. • Outside agency consultations- QEST, Education Psychologist. 	<ul style="list-style-type: none"> • Counselling- by Caritas, Resolve. • Referrals to CAHM's/Healthy Young Mind's. • Emotional Literacy 1-1 sessions. • Pastoral/Family Support Officer. • Outside agency consultations- QEST, Education Psychologist. • Referrals to Early Help Team.

Friendship Group

Every Tuesday afternoon is dedicated to the nurture and care of our most vulnerable children. Sessions include activities covering all aspects of emotional health and mental well-being. Including gardening, art and craft, role play, sensory play and many more.

Well-Being Group

Every Thursday afternoon the school facilitates an inclusion programme of whole school well-being. This programme enables each child from each year group, from Reception to Year 6, to access a wide range of activities which promote a positive well-being ethos in our school.

Gardening Club

Gardening Club is an integral part of the Whole School Well-being Programme at St Mary's. All the children throughout the school can access the school garden. The children are encouraged to explore this environment, grow bulbs and various plants and vegetables, tend and look after this area and encourage wildlife.