



'Train up a child in the way they should go and when they are old, they will not depart from it.' Proverbs 22:6

Christ Church C of E Primary School

Mental Health & Wellbeing Intent, Implementation & Impact

The Department for Education (DfE) recognises that:

"In order to help their children succeed; schools have a role to play in supporting them to be resilient and mentally healthy."

Children's mental health is a crucial factor in their overall wellbeing and impacts on their learning and achievement.

"Short term stress and worry is a normal part of life and many issues can be experienced as mild or transitory challenges for some children and their families. Others will experience more serious and longer lasting effects. The same experience can have different effects on different children depending on other factors in their life." (DfE 2018)

Intent

At Christ Church CE Primary School, we teach the statutory requirements of Wellbeing and we aim to help develop the protective factors, which build resilience to mental health problems.

We are a school that ensures:

- All children are valued.*
- Children have a sense of belonging and feel safe.*
- Children feel able to talk openly with trusted adults about their problems without feeling any stigma.*
- Positive mental health is promoted and valued.*
- Bullying is not tolerated.*

Implementation

Christ Church CE Primary School is a place where children experience a nurturing and supportive environment that can develop self-esteem and give positive experiences to help overcome adversity and build resilience. For some, school will be a place of respite from difficult home lives and so we offer the positive role

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models and relationships, so critical in promoting children's wellbeing. This helps create a sense of belonging and community. We will provide opportunities through our PSHE and P4C curriculum; work in circle time, have visiting speakers and agencies, for all children learn to strategies to stay mentally healthy; how worries and stress can affect their mental health; develop understanding and empathy of those with mental health issues, and knowledge of where or who they can go to if they need help and support.

Impact

Our role in school is to make sure that our children are able to manage times of change and stress. The impact of the learning and support provided in school will ensure that children know:

- What they can do to maintain positive mental health;*
- What affects their mental health;*
- How they can help reduce the stigma surrounding mental health issues;*
- Where or who they can go to if they need help and support.*

The Christ Church Family endeavour to ensure all pupils are secure, safe and happy whilst supporting the core Christian Values of our school. They become familiar with recognising their own mental health status and wellbeing and recognising the wellbeing of others, by having regular check-ins with the adults in school.

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