



# Lancaster Road Primary School

## Emotional Health & Wellbeing

The DfE document, 'Promoting Children's Mental Health within Early Years and School Settings', defines a mentally healthy child as having the ability to:

- Develop psychologically, emotionally, intellectually and spiritually;
- Initiate, develop and sustain mutually satisfying personal relationships;
- Use and enjoy solitude;
- Become aware of others and empathise with them;
- Play and learn;
- Develop a sense of right and wrong; and
- Resolve (face) problems and setbacks and learn from them.

It is, therefore, our duty as a school to ensure that all children in our care are given equal access and opportunities to learn, play and develop (regardless of gender, religion, race or disability) in stimulating, motivating surroundings where there are clear expectations of behaviour, in which every child feels cared for and valued by staff and their peers. It is also vital that the same commitment is placed upon the emotional health and well-being of all staff members so that they too feel supported whilst working in a positive and caring environment.

As a 'values school' we have a commitment to a long term inclusive education philosophy and believe that this has profound effect on the quality of education in the school. It is our aim that the values we promote will have an impact upon the emotional well-being of the children, as well as the academic achievement. The values we share underpin the aims of this policy:

- To enable all members of our school community to feel valued and supported;
- To create a culture within school where the mental health of all pupils and staff is viewed as a priority at all times, not just when adults or children experience difficulties;
- To promote self-esteem;
- To offer a sense of belonging and equal opportunities for all;
- To give a variety of opportunities for pupils to express their views and ideas;
- To ensure that all pupils are aware of behaviour policies and reward systems;
- To allow staff to express any concerns.

### **Organisation**

As part of the New Curriculum every class spends 45 minutes per week covering PSHE and Citizenship learning objectives. PSHE is also addressed on a daily basis as questions and incidents arise. At times teachers may choose to hold additional sessions in response to a particular event or issue;

Children's work will be displayed in classrooms and corridors throughout school as a way of celebrating children's learning and showing visitors the work that children have been doing. Displays will be changed regularly and all children's work will be displayed at some time, regardless of ability;

Peer mentoring training takes place in Year 5, ready to incorporate into school life when they start Year 6;

Young Leaders Training in Year 5 creates sports activities and links with Year 1;

All pupils will be given the opportunity to air their views;

Our Religious Education Policy offers the opportunity to find out more about a range of cultures and religions in order for pupils to gain an understanding and respect for the beliefs of others;

Lancaster Road School recognises the link between physical activity and emotional health and well-being. Children will have at least two hours of physical activity a week;

A designated member of the Senior Leadership Team will be informed of Child Protection issues.

### **Using Visitors and Outside Agencies**

We use outside agencies and visitors from the community in order to deliver aspects of PSHE such as the police, firefighters, school nurse, road safety team, Life Education Bus, drug education programme, sex and relationships programme and health lifestyle programme.

### **Pastoral Organisation for Pupils**

The School Council will act as a voice for the rest of the school. Each class will have its own School Council representative so that children can raise issues and concerns. The School Council will have a notice board with a 'suggestions box' for all children to anonymously ask questions or offer ideas about what they would like to see happening at school. The notice board will also provide information about current school issues as well as having a range of contact numbers for child help-lines and posters for relevant and recent health campaigns etc;

Lunchtimes will have constructive play activities in each playground taken by trained staff. The aim is to prevent bullying and encourage the children to become more active;

A 'Buddying System' is in place where Year 6 link up with Reception and enjoy opportunities throughout the year to work/play together;

Young Leaders from Year 5 encourage sporting activities with Year 1 children during lunchtimes. This aims to prevent bullying and encourage the children to become more active;

Children will be made aware of the school's anti-bullying policy and feel confident and comfortable enough to discuss any issues with their teacher;

Teachers will clearly explain class rules and reward systems and emphasis that such rewards will not just be given for hard work but for good citizenship and setting high standards. Reward systems will be present throughout the school from having 'Superstars' in the infant classes to 'Reward Charts' in the junior classes;

All children will have access to support.

### **Pastoral Organisation for Staff**

Each member of staff will have a mentor from the senior management team whom they can turn to on a professional development level but also to discuss any other issues (see Stress Management Policy). The named person for Stress Management is Mr Riches.

Whilst the staff room may be used as a quiet area in which to work in, it may also be an area in which to unwind and escape the classroom with comfortable chairs and access to magazines;

All staff will be made aware of all school policies - in particular with regard to this policy, the Child Protection Policy, Stress Management and the Lancaster Road Behaviour Policy. All are readily available in the staff room;

All staff will contribute positively to the community of Lancaster Road Primary School;

Access to support - a poster with telephone numbers for Stress Counselling will be available in the Staff Room.

### **Computing**

The Curriculum Coordinator recognises the importance of computing and has encouraged the inclusion and development of computing skills in the updated PHSE Scheme of Work. There are many opportunities included in the lesson plans; examples include internet research and interactive games and stories.

### **Health & Safety Issues**

In this, as in any subject, a safe learning environment must be established which supports learning and in which pupils feel secure and confident. The coordinator will discuss particular aspects of health and safety with class teachers and the Deputy Head teacher as and when the need arises (eg school visits).

### **Equal Opportunities including SEN and A&T Provision**

At Lancaster Road School we work to ensure all pupils have equal access to the curriculum regardless of gender, religion, race or disability. To achieve this aim, care is taken in choosing and allocating resources, organising the classroom and in planning, assessing, monitoring, reporting and delivering the curriculum.

The SENCo will be involved in accordance with the School's SEN policy and practice. Provision for meeting the needs of the able and gifted will be the joint responsibility of the class teacher; SENCo and the PHSE Coordinator. Children will be working at their own level in discussion times and extra support will be given where necessary.

### **Subject Review and Monitoring**

The PSHE Coordinator is responsible for monitoring the standards of children's work and the quality of teaching. The subject leader supports colleagues in the teaching of PSHE by passing on information and ideas and delivering staff training as appropriate. We also hold staff meetings to discuss current issues and to make staff aware of new initiatives, practices and resources. The results of subject leader monitoring are then used to inform school improvement by feeding into the School Development Plan.

### **Links with Other Policies**

This policy links particularly to the following policies: Sex and Relationships Education, Drug Education, Safeguarding and Child Protection, Behaviour, Anti-Bullying and Computing.