

# Summerfield School



*The Best You Can Be – Everyone, Every Day*

## EMOTIONAL HEALTH AND WELLBEING POLICY

REVIEW: October 2021  
APPROVED: October 2022

## EMOTIONAL HEALTH AND WELLBEING POLICY

The national criteria for Healthy Schools states:

"A healthy school ensures that when pupils are unhappy, anxious, disturbed or depressed there are open channels for them to seek or be offered support, without stigma and with appropriate confidentiality. A healthy school actively seeks to promote emotional health and wellbeing and helps pupils to understand their feelings".

At Summerfield, we work towards positive emotional health and wellbeing in the whole of our school community for adults as well as children.

### **CONTEXT AND RATIONALE**

Emotional health and wellbeing 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
- helping to meet legal, ethical and curricular obligations

### **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 English and maths.
- 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

## **VEHICLES FOR EMOTIONAL HEALTH AND WELLBEING**

### **The school promotes and provides a range of services to pupils:**

- Our own child mental health counsellor
- School council to act as mentors
- Wellbeing LSA, SENCo and qualified first aiders
- Co-ordinated support from a range of external organisations
- Welcome days and transition events
- Hygienic toilets which ensure privacy and safety

### **The school promotes an anti-bullying culture through:**

- A strong school ethos which empowers tolerance and respect, including respect for difference and diversity
- High profile of anti-bullying procedures and policy through corporate posters, assemblies and events such as national anti-bullying week and using Jigsaw materials.
- Active listeners, including assistants and adults other than school staff to whom the victim may turn

### **The school promotes and strengthens the pupil voice through:**

- A democratic process for the election of school council representatives
- Timetabled meeting time for members of the school council
- Involving pupils in interviews for members of staff
- Allocating a school council budget
- Opportunities in assemblies

### **The school promotes the involvement of parents and carers in the life and learning of the school through:**

- Parent questionnaires
- Regular consultation about change and development through questionnaires and special meetings
- Subject Focus evenings, Sports and Theme Weeks and Concerts/Music Events

- Involvement in school trips and extra-curricular activities
- Regular communication and involvement over pupil progress, behaviour and pastoral issues

**The school facilitates a context for learning through:**

- Enhancing school and classroom layout; facilities and resources
- Recognising the background of individual pupils and their physical, social and emotional needs
- Establishing clear rules, routines and expectations about behaviour for learning and social cohesion.
- Encouraging positive, caring and constructive relationships

**The school enhances pupil motivation and learning through:**

- Consistent support for vulnerable children and those with SEN from our wellbeing assistant, learning support assistants and other agencies where appropriate.
- An exciting and varied range of extra-curricular events and trips
- A balanced curriculum with opportunities for intellectual, physical and expressive development
- Recognising a range of learning styles
- Encouraging independence in learning
- Using a range of teaching styles appropriate to pupils' age, ability and level of maturity
- Using the Jigsaw materials to raise self-esteem and confidence levels.

**The school enhances pupil self-esteem and personal development through:**

- The Jigsaw PSHE curriculum
- Opportunities for pupil leadership through school council, library responsibilities, EYFS and KS1 play leaders
- An emphasis on praise and reward
- Opportunities for reflection and spiritual development through art, literature and the RE curriculum

**The school enhances staff motivation, learning and professional development through:**

- Curricular planning time within the school week
- Whole school training events, including Safeguarding
- Access to appropriate external training
- Involving all staff in decision making and proposed change e.g. timing of the school day, frequency of reporting to parents and so on.
- Provision of non-contact time to allow for planning, delivery and evaluation of healthy school activities
- Consultation on training and support needs through regular monitoring and review

• The Governors are committed to reviewing the impact of the Emotional Health and Wellbeing policy as part of the rolling programme, taking into account the following policies and aspects (not an exhaustive list):-

- Motivation
- Resilience
- Self-esteem
- Behaviour Policy
- Anti-bullying Policy
- Anti-racism Policy
- Anti-hate
- Anti-sexism
- Anti-homophobia
- Anti- trans gender
- Attendance Policy
- Attainment Policy
- Teaching