Proud to be part of...

EQUA Mead
Learning Trust
Every Child, Every Chance

Rushall Primary School

Mental Healthy Strategy

Rushall Primary School is an inclusive setting with mental health and wellbeing at its core. We believe that in order for staff and pupils to work effectively we need to equip them with skills and strategies to look after their mental health. We are committed to promoting positive mental health and wellbeing for all pupils, families, staff and governors.

We believe that it is important to:

- Promote positive mental and emotional wellbeing by providing relevant information and support
- Create a shared understanding of all aspects of mental health
- Enable those with mental health related issues to seek support in a safe and confident manner
- Offer guidance and strategies to support pupils and staff to be mentally well
- Create a culture to support and maintain positive mental health and wellbeing

Individuals are mentally happy when they have the ability to:

- Develop psychologically, emotionally, intellectually and spiritually
- Initiate, develop and sustain mutually satisfying personal relationships
- Use and enjoy solitude
- Are aware of others and empathise with them
- Experience happiness and can play and learn
- Develop a sense of right and wrong
- Resolve problems and setbacks and learn from them
- Develop a sense of self and identity

Mental Health and Wellbeing of our Pupils

We understand that everyone experiences life changes that can make them vulnerable at times and therefore this may mean that at times our pupils need additional emotional support.

Universal Support

Through our PSHE sessions (SCARF), mental health awareness days, yearly workshops, worry boxes and assemblies we aim to

- Help children understand their emotions and feelings better
- Help children to feel comfortable sharing any concerns or worries
- Help children socially to form and maintain relationships
- Promote self-esteem
- Encourage confidence and resilience

All classrooms have break out areas and calm zones for the children to access. Teachers offer extra playtime and brain breaks when needed.

Additional Support

For those needing additional support this could include:

- ELSA sessions
- Art Therapy
- Music Therapy
- Bereavement Counselling
- Additional classroom resources e.g. individual working zones or timetables
- Referral to outside agencies

Parents and Carers

Parents and Carers are valued and welcomed into the school. We communicate regularly, consult and engage with parents/carers through newsletters, assemblies, parent meetings, workshops and information sessions.

We recognise that family plays a key role in influencing children and young people's health and wellbeing. We work in partnership with parents and carers by:

- Operating an open door policy
- Ensuring a member of staff is on the gate to greet families each morning
- Meeting all EYFS parents to discuss their family circumstances
- Offering 1:1 SENDCO and DSMHL meetings
- Offering regular parents support meetings such as behaviour, online safety or healthy eating.
- Working hard to build positive relationships with parents and carers so they feel able to come to us for support
- Giving regular updates through tapestry, phone calls and emails.

Staff and Governors

We recognise that a healthy happy workforce is required to deliver the best education for all our pupils. Our expectation is that staff have a responsibility to support their own mental health by accessing appropriate support, looking after their own mental health and to develop resilience and coping strategies. As a school we are committed to encouraging staff to develop a good work life balance and lead healthy working lives.

We offer the following to support our staff's positive mental health:

- A dedicated staff room for relaxation and healthy eating.
- Termly Walk and Talk Staff Meetings
- We organise a number of social events throughout the year for staff to participate in.
- HT has an open door policy for all staff.
- HT proactively support staff who are experiencing mental health difficulties.
- Reasonable adjustments for staff with recognised mental health issues

- Sign post staff to appropriate support mechanisms.
- Staff meetings are held weekly where individuals can air their views and feel supported.
- Celebrate staff special occasions.
- A member of staff with an open door policy who is a point of contact for all staff (DSMHL).
- Encourage and support staff to put into perspective the everyday challenges of working with pupils.
- Help staff to set professional boundaries for themselves such as not sharing their telephone numbers; not texting parents with personal phones and not having their phones out during Curriculum time.
- No expectation to be at work outside of contracted/directed hours.
- Access to a counsellor through the Education Assist Programme