



Cleeve  
Meadow  
School

## **Mental Health and Wellbeing Policy**

**May 2020**

**To be reviewed May 2022**

## Rationale

We recognise our statutory duty to promote the welfare of all pupils and are committed to supporting all students to achieve positive mental health and wellbeing. We pledge to create a whole school culture, ethos and environment which positively promotes both pupil and staff mental wellbeing. TKAT provides a Wellbeing policy for all staff

## Aims

1. To provide a calm, dignified and structured culture which pervades all areas of the school.
2. To provide a cohesive curriculum which integrates the 4 key elements (the National curriculum, personal social and emotional, therapeutic and enriched curriculum) to proactively promote and develop positive mental health and wellbeing
3. To establish effective pastoral arrangements for the identification, early support and access to specialists
4. To develop effective partnerships with families, external agencies and the wider community to promote consistent support for students.
5. To provide effective CPD for staff at all levels

Aims	Provision
To provide a calm, dignified and structured culture which pervades all areas of the school.	<ul style="list-style-type: none"> <li>● School Ethos and Values which promote a sense of belonging</li> <li>● Clear policies on behaviour and anti- bullying with positive reward systems</li> <li>● Positive classroom management</li> <li>● Access to calm rooms</li> </ul>
To provide a cohesive curriculum which integrates the 4 key elements (the National curriculum, personal social and emotional, therapeutic and enriched curriculum) to proactively promote and develop positive mental health and wellbeing	<ul style="list-style-type: none"> <li>● Explicit teaching of Growth Mindset and resilience across the curriculum</li> <li>● Explicit teaching of the 'Zones of regulation'</li> <li>● Exploited opportunities for blended learning within the National Curriculum (e.g. relationships education through literature)</li> <li>● PSHE curriculum</li> <li>● Friendship and social skills</li> <li>● Yoga, Mindfulness and therapeutic play</li> <li>● Links with Action your potential and explicit teaching of the 12 rocks of wellbeing</li> </ul>
To establish effective pastoral arrangements for the identification, early support and access to specialists	<ul style="list-style-type: none"> <li>● Graduated response</li> <li>● Open door approach for students to raise problems</li> <li>● Wellbeing/family support worker Sep 20</li> </ul>

	<ul style="list-style-type: none"> <li>• Access to a trained counsellor</li> <li>• Mental Health First Aid Lead</li> <li>• Referral systems to specialists</li> </ul>
To develop effective partnerships with families, external agencies and the wider community to promote consistent support for students.	<ul style="list-style-type: none"> <li>• Family Support Worker</li> <li>• Regular opportunities for parental partnership working eg workshops</li> <li>• Buddy schemes</li> <li>• Effective links with external agencies</li> <li>• Sign post to community support eg Mencap, NAS</li> </ul>
To provide effective CPD for staff at all levels	<ul style="list-style-type: none"> <li>• Structured CPD covering all aspects of our graduated response</li> <li>• Effective induction programme</li> <li>• Staff mental health support</li> </ul>

**Pastoral Team**

**Juliet Morris Head of School**

**Paula Smith Deputy Head Teacher**