Appleton Wiske Community Primary School
Wellbeing Policy

At Appleton Wiske Community Primary School, we recognise the importance of emotional health and wellbeing. We aim to provide a caring and supportive environment for all members of our school community, where each individual is respected and valued. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional support. We believe that positive mental health is everybody's business and we all have a role to play within our school community.

Aims

At our school, we will:

- Support children and adults in order for them to understand and talk about their emotions and feelings
- Encourage children and adults to feel comfortable sharing any concerns or worries they may have
- Help children and adults to develop emotional resilience and to manage challenging situations that arise
- Help children and adults to form and maintain appropriate relationships with others
- Promote self-confidence and self-esteem
- Teach children and adults that their views and thoughts are important and valued
- Encourage participation in initiatives which support health and wellbeing
- Ensure that staff, pupils and parents are aware of what support is available within our school and how to access further support.

We promote a mentally healthy environment through:

- Our school vision – 'Happy, Healthy and Productive'
- Encouraging a sense of belonging to our whole school community
- Promoting Pupil Voice and opportunities to participate in decision-making
- Celebrating and valuing academic and non-academic achievements
- Providing opportunities to develop a sense of worth through taking responsibility for ourselves and others
- Providing opportunities to reflect and learn from experiences
- Providing appropriate support as required

Support and Provision

All staff and governors complete regular Child Protection, Safeguarding and Prevent training to ensure our pupils' safety and wellbeing.

We provide support for individual children or groups of children which may include:

- Whole class or group discussions
- Use of SEAL resources to support curriculum teaching
- PSHE & C lessons
- Whole school assemblies focusing on health and wellbeing
- Strategies for promoting communication in raising issues, asking questions and sharing feelings
- Approaches to managing children's worries
- Individual or group intervention
- Therapeutic activities including drawing, painting, relaxation and mindfulness techniques

Our school has implemented a programme called My Happy Mind which helps build resilient, balanced and happy minds. It promotes positive behaviours, strengthens mental health and teaches techniques to manage stress. My Happy Mind covers the PSHE curriculum and includes planning, resources, story books and individual journals. Teaching includes well-chosen opportunities and contexts for pupils to practise applying and embedding new knowledge so that it can be applied in real life situations.

Working with Parents

We will:

- Raise mental health and emotional wellbeing as an important focus in our school
- Highlight sources of information and support about mental health and emotional wellbeing
- Ensure that all parents are aware of who to talk to and how to get support if they have concerns about their child
- Share ideas about how parents can support positive mental health in their children
- Keep parents informed about the school's PSHE & C curriculum

Working with Outside Agencies

As part of our targeted provision, we will work with other agencies to support emotional health and wellbeing, including:

- NYCC Children and Families Service
- School Nursing Service
- CAMHS (Child and Adolescent Mental Health Service)
- Counselling Services
- Educational Psychology Service
- Family Support Workers
- Behaviour Support

Staff Training and Support

At our school, we will

- Encourage, support and contribute to providing a safe, healthy and supportive environment for all workers
- Develop a culture which is supportive where employees feel that their contribution is valued
- Promote a healthy work life balance
- Manage teacher workload regarding planning and marking
- Keep staff meetings on track and keep the number of meetings in the school year to a minimum
- Hold virtual meetings where appropriate
- Provide targeted support to all staff who require help
- Provide mental health and wellbeing Level 1 training through Compass Phoenix (formerly Compass Buzz)
- Consider staff wellbeing during Performance Management review meetings
- Provide support to staff through the NYCC Health Assured scheme

Responsibility

Health and wellbeing is an agenda item in every staff meeting and concerns about any children or staff are shared. It is the responsibility of all staff and governors to promote and support positive mental health and wellbeing at our school.

Revised: November 2025
Review date: November 2027

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Name	Position	Signature	Date
Neil Clark	Head Teacher		
Bethany Rowling	PSHE Leader/Class Teacher		
Karen Hainsworth	Class Teacher		
Liz Atkinson	Class Teacher		
Paula Gudger	HLTA		
Nicki Guyll	HLTA		
Kirsty Burkitt	GTA		
Katie Jackson	GTA		
Tracey Laws	GTA		
Sophie Taylor	GTA		
Elaine Walters	Student GTA		
Jane Quy	Chair of Governors		