

# **Student Mental Health and Wellbeing Policy**

## **Introduction**

This policy outlines the school's commitment to physical and mental wellbeing for all students. Student wellbeing is paramount for a safe and effective school. All students and staff can play a part in improving wellbeing within the school. Addressing mental health issues can improve the overall well being and happiness of students alongside improving attendance, achievement and safeguarding our students.

## **Aims**

- To create a culture that promotes and supports the health and wellbeing of all students
- To ensure all staff are able support students in their mental health and wellbeing by alerting key members of staff and directing students to them with the support of outside agencies
- To support students in regular physical exercise
- To encourage students to make positive lifestyle choices
- To offer a programme of extra curricular enrichment activities to support students' wellbeing
- To safeguard our students.

## **Mental wellbeing**

Promoting mental wellbeing by:

- Providing information and raising awareness of mental health issues through Student Service, Tutor Programme and MSS lessons.
- Promoting policies and actions that support mental wellbeing at Wildern.
- Equipping students with the skills to support their own mental health.
- Equipping staff with training to be able to support students' mental health and wellbeing and identifying key members of staff to take this support further.
- Developing relationships with outside agencies and support groups.
- Providing staff and students with opportunities to voice concerns and ask for guidance through MyWildern and the Wellbeing Postboxes.
- Sending out a Wellbeing newsletter to staff, parents and students.
- Implementing the Wildern Wellbeing Hub for students to be able to access support and guidance at any time.

## **Physical wellbeing**

Encouraging physical health by:

- Promoting physical activity through weekly PE lessons and the use of the swimming pool, gym and fitness classes.
- Offering a range of extracurricular physical activities
- Supporting a healthy, balanced diet through a wide range of options available in the dining hall.
- Promoting hydration by providing students with water fountains and having water available from DoPAs for those without a bottle.
- Sharing NHS guidance and offering vaccinations in partnership with parents and the NHS.

## **Leadership and Management**

Equipping Key Staff with the skills to:

- Identify and assist those with mental ill health
- Raise awareness of mental and physical wellbeing across the school

## **Support for Students**

Offering support to Students by:

- Creating a culture within the school that supports the wellbeing of all students.
- Offering help, support and guidance to those with a mental health issue through Student Services, DoPAs and Outside Agencies.
- Making regular contact with students who are absent due to mental ill health, 1:1 meetings with students, parents and the Senior Leadership and Pastoral team.
- Developing The Wildern Wellbeing Hub on the school website with access to support and guidance at all times.

Supporting those coming back to school by:

- Considering any reasonable adjustments to their timetable and environment.
- Ensuring no student is left behind and has access to curriculum support alongside mental health and wellbeing support.
- Meeting with parents and students to develop a positive relationship and an open dialogue.

## **Implementation**

**To create a supportive culture, tackle factors that may have a negative impact on mental health, and ensure staff have the right skills to support students**

- Give students information on mental health issues to help raise awareness.
- Support students' understanding of mental health and wellbeing through the Tutor programme and MSS lessons.
- Deliver non-judgemental support to any student experiencing a mental health issue.
- Provide mental health first aid training for the student services team.
- Give all staff and students access to the mental health and wellbeing policy.
- Deliver a thorough induction for all new staff, providing an outline of the school, the policies and the role they are expected to play.
- Provide ways for students and staff to support their own mental wellbeing, for example through social events, extra curricular clubs and wellbeing activities.
- Deal with any conflict quickly and develop students' tolerance and understanding to work towards the school being free from harassment, racism and discrimination.
- Ensure good communication between staff, students and parents.

**To provide support and guidance for any student experiencing mental health issues**

- Ensure students with mental health issues are treated fairly and without judgement.
- Encourage students to talk to a mental health first aider, teachers, support staff, a counsellor, GP and/or anyone else they feel comfortable with.
- If a student has been absent due to long term sickness absence, ensure a meeting takes place to support the return to school.
- Treat all matters relating to student mental ill health in the strictest confidence.