

KEW WOODS PRIMARY SCHOOL



Health and Well Being Policy

Rationale

At Kew Woods Primary School we are developing a whole school approach to Health and Wellbeing Education based on the following:

'Health is the extent to which an individual or group is able, on one hand, to realise aspirations and satisfy needs and, on the other hand, to change or cope with the environment. Health is, therefore seen as a resource for everyday life, not an object of living; it is a positive concept emphasising social and personal resources, as well as physical capabilities.'

World Health Organisation (WHO), 2000. SMSC and British Values are included in this Wellbeing policy as they are fundamental to the building blocks and ethos that make up our curriculum. British Values are promoted through our school curriculum.

Definition of Mental Health and Well Being

The World Health Organisation define mental health and well being as 'a state of well-being in which every individual realises his or her potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community'.

Mental health is not just the absence of mental health problems. We want all pupils and staff to:

- *Feel comfortable in themselves*
- *Be able to express a range of emotions appropriately*
- *Be able to make and maintain positive relationships with others*
- *Cope with the stresses of everyday life*
- *Manage times of stress and be able to deal with change*
- *Learn and achieve*

Aims

We aim to promote positive mental health and well being for our whole school community (children, staff, parents and carers). We recognise that children's mental health is a crucial factor in their overall well being and can affect their learning and achievement. The Department for Education (DFE) recognises that: 'in order to help their children succeed, schools have a role to play in supporting them to be resilient and mentally healthy'. Kew Woods should be a place for our pupils to experience a nurturing and supportive environment that has the potential to develop self esteem and give positive experiences for overcoming adversity and building resilience. We will aim to offer positive role models and relationships and help to promote a sense of belonging and community. Our role in school is to ensure that children that pupils are able to manage in times of stress and that they are supported to reach their potential or access help when they need it.

We strive to enable our pupils, staff and everyone working in partnership with the school to develop the knowledge and understanding, skills, capabilities and attributes necessary for mental, emotional, social and physical wellbeing now and in the future.

At Kew Woods we are working towards creating a flourish school using the PERMA model for all members of our school community: _

*Positivity
Engagement
Relationships
Meaning / Purpose
Accomplishments*

We aim to:

Ensure all pupils feel valued

Pupils have a sense of belonging and feel safe

Pupils feel able to talk openly with trusted adults about their problems without feeling any stigma

Plan and deliver a coherent and curriculum based Health and Wellbeing Education programme

Provide a supportive and encouraging atmosphere for children, staff and parents and carers

Develop our relationships with pupils, parents and carers and the wider community

Work closely with outside agencies to encourage a wide range of well being and health related activities

Further develop school policies and procedures to promote well being

Ensure all members of staff are aware of their professional roles in health and well being related issues

Whole School Approach

We take a whole school approach to positive health and well being that aims to help our community become more resilient, happy and successful through the following aspects:

1. Creating an ethos, policies and behaviours that support health, well being and resilience that everyone understands
2. Promote positive social relationships, support each other and seek help when they need it
3. Develop resilient learners
4. Promote social and emotional skills
5. Early identification of mental health needs and planning to support their needs, including working with specialist services
6. Supporting and training staff to develop their skills and their own resilience

Teaching and Learning

Through our curriculum we promote confidence, independent thinking and positive attitudes and dispositions. We focus upon:

Physical Health which explores the knowledge, skills and attitudes that are needed to understand physical factors in relation to our health.

Emotional Health which explores the knowledge, skills and attitudes that are needed to understand emotions, feelings and relationships and how they affect us.

Social Health which explores the interaction of the individual, the community and the environment in relation to health and safety.

Our school will:

Develop our relationships with pupils, parents and carers and the wider community
Actively promote self-esteem of the whole school community, including staff.
Engage and work with parents and carers to provide all children with positive experiences which promote and protect their health.
Promote the health and well being of all the school community.
Provide a range of stimulating experiences for all pupils.
Work closely with outside agencies to encourage a range of health and well being related activities.

Roles and Responsibilities

All staff will actively support, contribute to and be involved in the promotion of well being and participate in staff development when the opportunities arise. The SLT Team and Governors are responsible for monitoring the Health and Well Being Programme. The Change Team lead will produce and monitor the implementation of the action plan.

Working in partnership with Parents

We understand and value the need to work closely with parents and carers to ensure that the school's well being initiatives meets the needs of our pupils. We value the important contribution made by parents and appreciate the need to engage parents and families in improving the well being of their children. We seek to establish and maintain strong positive links with both the parents and the community. We will continue to keep parents and carers informed through: letters, newsletters and leaflets and information meetings (workshops, meet the teaching team etc).

Working in partnership with other agencies and specialist services

We make extensive use of specialist services in supporting the learning, social, emotional and behavioural needs of individuals. We actively seek the expertise of other specialist agencies. Eg Health, Active Schools, Achieve 360, Police services (gangs workshops), Road Safety officer, Social Care and Educational Psychologist services etc to support both health education and well being promotion at our school.

Well being Team Committee

Our Well being Committee consists of teaching staff, teaching assistants and members of the senior leadership team and pupils (Health Champions and anti bullying Ambassadors) who form our Well Being team.

Our school has developed a range of strategies and approaches to promote positive health and well being. These include:

Pupil Health and Well Being promoting Initiatives:

Worry Monsters in each classroom (Years 1-6)
Healthy Tuck Shop (2 x per week run by TAs)
KS1 healthy daily snack provided by school
Water only policy in classes
Bike it Breakfast
Year 6 transition cycling project
Year 5 Bikability levels 1 and 2 awards
Year 2 Learn to Ride Project
Walk to School WOW Project

Participation in Sefton Active Schools programmes
Mindfulness lessons (KS2)
Relax Kids programme for targeted pupils (KS2)
Targeted Energy Club for EYFS
Range of after school sports / fitness clubs (see timetables each term)
Swimming lessons (Years 3-5)
Lunchtime playleaders trained / deliver active sessions
Equipment available for active lunchtimes
Anti Bullying Ambassadors appointed and trained through the Diana Award
School Council representatives appointed and meet to plan events
Love My Community events
Smile Project
Year Reception / Year 6 Buddy system
Transition programmes for different phases of the school
Progressive PSHE programme
Lunchtime club for targeted pupils Internet safety day
Pay a Complement Day
Hickory's Reward Trip each term for selected class
Kindness Week
Health weeks / DT healthy food focus
Year group specific workshops (equality and diversity, gangs, bullying, mental health project, being healthy)
Year 6 transition work on drug and relationship –Eyes Wide Open
Wide range of sports clubs and events (including specific focused clubs for those not accessing clubs usually)
Academic Resilience pyramid of need
Teachers / TAs on playground at lunch / break
Y6 SATs breakfast
TESCO community fundraising events
Queenscourt fundraising events
Love my community events
Southport Learning Partnership Sports Weeks
Stanley High School Sports Partnership
Christ the King High School Sports Partnership

Parent Health and Well Being:

School nurse drop in sessions each month
Information Evenings for parents: Drug awareness, Internet safety and Sex Education
Well Being promoted regularly on newsletter
Early Help set up for targeted families
SLT open door policy

Links with specialists / agencies / other schools:

School nurse
Mersey Care NHS
Young Minds – not established though
Capita – Flourishing Individuals, Organisations and Communities
Sefton Early Help Team
Relax Kids
Achieve 360 / Animal Therapy
CAMHS

Staff Well Being:

Well being after school activities -fitness club, badminton, netball and football teams

Team building days

Development days

Opportunities to watch own children's events

Time off for medical appointments, funerals, weddings etc (if good attendance)

Report writing days

No staff meetings during parents weeks / event weeks

Lunch provided on inset days

Mindfulness sessions offered pre school

Tea provided when supporting school productions

Health Champions

CPD focusing upon well being – staff meetings academic resilience approach, trained in mindfulness (paid for by school)

Referrals to occupational health for staff to provide additional support

Team-building exercises as part of staff CPD (Pinewoods, Hickory's)

Providing mindfulness sessions for staff

Planning social activities together (Hickory's, Vincent Christmas Night out, staff netball and football team)

Holding designated health and wellbeing sessions – Well Being Champion

Celebrating staff achievements / events (acknowledging qualifications obtained, weddings, baby news etc)

Providing creative opportunities for building morale and promoting wellbeing (e.g. cake/fruit days, shared lunches, fundraisers)

Assessments, Interventions and Support

All concerns by members of staff regarding pupils are recorded using CPOMs. We then implement our assessment system based on the level of need. High levels of need may include a CAMHs referral, a health care plan seeking counseling or therapy support. Pupils with some need may access family support, mentor support, therapy support or interventions. Pupils with low need may access a drop off with the school nurse for example.

The impact of support is monitored by consultation with the parents, agencies or professionals involved and by the SENCo or SLT.

Links to other Policies:

Many other Kew Woods Policies should be consulted in regard to pupil health and well being including PSHE, PE, Safeguarding, Bullying, SEND and Behaviour..