



St Thomas CE Primary School

**Name of policy.** Promoting Emotional Health and feelings in school

### **Statement of Intent**

Mental Health is how we feel, how we think and how we behave. We feel that it is about:

- Being able to make friends and keep friendships
- Being friendly, respectful, caring and polite
- Being able to have fun
- Being interested in and enjoy learning
- Being able to understand separation, bereavement and loss
- Being able to understand good and bad feelings or thoughts
- Being able to bounce back from any problems



### **All children and young people need to:**

- Be able to join in with others and play in groups and teams
- Know that we can and are able to do it! (Don't doubt ourselves-Believe!)
- Know that we have a voice that will be heard and that we are a huge part of our school community
- Know we have the confidence to break things down into small steps

Everyone can feel wobbly and need somebody to talk to

### **At St Thomas CE Primary School there is a mentally healthy environment where children and young people:**

- Have the chance to take part in activities that encourage belonging such as after school clubs and school trips
- Have the chance to have their voices heard
- Have the celebration assembly to share what they do well

- Have individual talents recognised and challenged
- Have choices to feel better about themselves by looking after themselves and others
- We have choices to think about something that's happened. Forgive, forget and start a new chapter
- Are able to get extra help if we need it.
- We have a right to be in a school that is safe, clean, attractive and well cared for
- We are surrounded by adults who are positive and show us respect

Our school St Thomas CE Primary provides us with lots of ways to promote positive mental health through our learning and extra activities eg. Learning mentor, Team building, Social and emotional aspects of learning, Jigsaw, Circle Time, R-Time ,Celebration assembly, play, visitors into school/fun days, Guardian Angel, School counselling service, Parent/carers events, rewards, etc.

In school we can go to any member of staff if we have any problems or feel a little wobbly.

School has asked Pam Blackburn to be the named school governor for Mental Health.

Mrs Lewis is the named school Mental Health Champion

This agreement will be looked at every 6 mths

