

## **HEALTH, MENTAL HEALTH AND WELL-BEING**

### **OVERVIEW**

St. Mary's RC Primary School will do all that it can to promote the Health and Wellbeing, including mental health, of all who learn and work here. We have put into place a number of policies which will be used to promote the health and well-being of pupils and staff. These include, the curriculum policies relating to the development of life skills, the sex and relationships policy for pupils, the stress policy and work load policies for staff. Promoting healthy lifestyle for all will be a priority. Please also refer to The Child Protection and Safeguarding Policy and the Child Protection and Safeguarding Policy – Covid Addendum.

### **INTENT**

1. To promote life skills across the curriculum so that pupils will learn about mental, emotional, social and physical wellbeing.
2. To ensure that the good health, wellbeing and mental health of all who work in this school is promoted effectively
3. To ensure that the school has a wide range of appropriate policies and strategies in place to ensure that the good health, well-being and mental health of all and that they underpin everything that we do.

### **IMPLEMENTATION**

1. We will appropriately promote the health, wellbeing and mental health of pupils across the subjects of the curriculum taking account of their age and stage.
2. Staff will help pupils to acquire the relevant knowledge and understanding of the human body and how it works and of the social and emotional factors that influence health.
3. To have a 'designated leader' and link governor for mental health with responsibility for the oversight of this policy and strategy for ensuring the mental well-being of all in this school.
4. All staff will encourage pupils to make informed choices and take appropriate decisions to help ensure that they understand the importance of a healthy lifestyle that also promotes good mental health.
5. We will Foster links between school, home and community and appropriate outside agencies so that all are involved in a collective responsibility for promoting good health and good mental health.
6. We will pay attention to the six areas of health and wellbeing across the curriculum, these will include mental, emotional, social and physical and spiritual wellbeing; planning for choices and changes; physical education and physical activity and sport; food and healthy eating; the dangers of substance misuse and relationships and parenthood.
7. We will use the work-load policy and strategy to promote the health and well-being, including the mental health of pupils, staff and all who work in this school
8. We will ensure that the curriculum, homework, testing and assessment and teaching and learning strategies take account of pupils' well-being and mental health.
9. We will use the stress policy to ensure that the health and well-being including mental health of staff is a priority.
10. We will provide safe and healthy working conditions for all in school.

**IMPACT**

This school is committed to promoting and maintaining the good health and wellbeing, and mental health, of everyone here and we will work together with parents and the local community and appropriate outside agencies to enable pupils to make healthy informed choices and to promote the health, mental health and well-being of all.