



Mental Health

Intent

We aim to promote positive mental health for every child, parent / carer and staff. We pursue this aim using both whole school approaches and specialised, targeted approaches aimed at identified vulnerable pupils and families.

Implementation

The skills, knowledge and understanding that we teach our students are put in place to keep themselves - and others – physically and mentally healthy. This is also included as part of our E-Safety Policy and PSHE curriculum.

We follow the guidance issued by 'Healthy Young Minds in Herts' to prepare us to teach about mental health and emotional health safely and sensitively. As a school we promote the '5 Ways to Wellbeing' as areas to educate pupils about mental health and wellbeing issues.

Some ways in which we teach this at school are:

- Wellbeing Days - focus days which are an opportunity to promote positive mental health throughout the year.
- Assemblies – Social stories or stories with a Mental Health focus shared during whole school assemblies.
- PSHE lessons following Jigsaw curriculum.
- In class interventions to target class specific topics, this could be through circle time, social groups or class stories.

Impact

Wheatcroft children are equipped with social and emotional skills in every lesson. The mindfulness approach increases the focus on support around mental health and well-being. Our children are confident to ask questions, be inquisitive and discuss issues that are important to them. They have positive relationships with their peers, have respect for themselves and each other and know how to look after their community and stay safe. Wheatcroft children leave school fully equipped with the skills to take them into secondary education and teenage life.