

**Wellbeing Policy**

Reviewed Heidi Berry July 2024

Next review – July 2025

**Policy Statement**

At Sherborne Qatar Prep School, we are committed to supporting the emotional health and wellbeing of our pupils and staff.

We have an encouraging and caring wellbeing statement and our approach is respectful and kind, where all individuals are valued:

*At Sherborne Qatar Prep we believe in a strong, inclusive community: supporting each other through our learning journey, building our confidence, empowering us as individuals; ever mindful of each other's thoughts & feelings.*

The UK 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”.

This Policy sets out:

* To promote and support positive mental health in the whole School community;
* To identify and support children with mental health needs;
* To help children to understand and manage their emotions and feelings better
* To support whole families in dealing with children’s mental health problems;

We encourage a mentally healthy environment through:

* Promoting our school values and learning dispositions to encourage a sense of belonging
* Promoting pupil voice and opportunities to participate in decision-making
* Celebrating academic and non-academic achievements
* Providing opportunities to reflect
* Access to appropriate interventions that meet the needs of the children

**Definition of Mental Health and Wellbeing**

“A state of wellbeing in which every individual realises his or her own potential, can cope with the natural stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

World Health Organisation

“The strength and capacity of our minds to grow and develop, to be able to overcome difficulties and challenges, and make the most of our abilities and opportunities.”

Young Minds

**Staff Roles and Responsibilities**

Jannath Rahman – School Counsellor

Eva Taggart – Deputy Head Pastoral and Safeguarding Lead (DDSL)

Heidi Berry – Safeguarding Lead (DSL)

Sarah Bennett – Safeguarding Team

Zara Dada – Safeguarding Team

Suzan Saada – Safeguarding Team

Larissa Hughes – Head of Learning Support

**Teaching Mental Health and Wellbeing:**

Our School promotes positive mental health and we aim to prevent mental health problems through our developed range of activities and strategies including:

* Class activities – weekly pastoral session, daily check-ins, certificates and house points/awards; circle time; worry box.
* Transition programme –to support children moving year groups.
* Whole School – assemblies; School Council; House Days; displays and information around School.

By using the PSHE curriculum, we teach social and emotional skills to keep the children mentally healthy and safe. In KS1, we develop strategies for children to manage their emotions and to have tools to overcome worry and anger. In KS2, we explore coping strategies, building confidence and resilience and the importance of talking to someone when you need help.

**Identifying and supporting children with mental health needs:**

All staff have a responsibility to encourage and support healthy lifestyle choices which also promote mentally healthy children. We aim to identify a range of possible warning signs early on and to put in place appropriate support for that child based on their specific needs.

We have implemented a platform called CloseGap and Microsoft Reflect, which help identify children with mental health and wellbeing needs. These results will be used to tailor specific interventions for children.

In order to support parents, we will:

* Have regular communication explaining concerns if appropriate
* Provide information and support mental health and emotional wellbeing on our website
* Have parent representatives come into school and discuss concerns or needs in terms of mental health and emotional wellbeing
* Make this wellbeing policy available for parents to read
* Advise carers (nannies or drivers) to engage with the information about mental health and emotional wellbeing support
* Provide details of professional partners and agencies where necessary

**Disclosure by children of mental health concerns**

A child who is facing mental health or emotional wellbeing issues will always be taken seriously and staff who are observing these should communicate their concerns to the designated safeguarding officer. Our staff recognise the importance of remaining calm, supportive and non-judgmental in such cases; they will listen and not advise. Staff should make it clear that the issue will be communicated with a Designated Safeguarding Officer to provide the correct support.