

Golborne St Thomas' CE J & I School



PUPIL WELLBEING POLICY

Written : November 2018

Approved by Governing Body : November 2018

Review date: October 2019

To be reviewed: Annually

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At St Thomas' we are committed to supporting the emotional health and wellbeing of all our pupils. We know that everyone experiences life challenges that can make us vulnerable, and at times anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

At our school we:

- Help children to understand their emotions and feelings better
- Help children feel comfortable sharing any concerns or worries
- Help children socially to form and maintain relationships
- Promote self-esteem and ensure children know they count
- Encourage children to be confident and 'dare to be different'
- Help children to develop emotional resilience and manage setbacks

We offer different levels of support:

Universal support – to meet the needs of all our pupils through our overall ethos and our wider curriculum. For instance, developing resilience for all.

Additional support – for those who may have short term needs and those who may have been vulnerable by life experiences such as bereavement.

Targeted support – for pupils who need more differentiated support and resources or specific targeted interventions.

Referrals to outside agencies, for example Child and Adolescent Mental Health Service (CAMHS).

Tools we can use to identify and support:

- Wellbeing questionnaire delivered every two years to pupils and parents. Outcomes from this will develop and action plan which will be included in the school development and improvement plan and reviewed termly
- Vulnerability indexes for each class to ensure staff are aware of vulnerable children and how best to support. These are reviewed termly
- Pupil profiling. These are used on an individual basis to enable teachers to plan focused intervention and support activities

All wellbeing interventions are discussed with parents and consent agreed before being delivered to pupils.

Lead staff members:

Joanne Woods: Headteacher
Liz Lockwood: Pastoral Support Manager
Louise Bannon: SENCo