

St. John's C.E. Primary School



Vision Statement

Shine like stars

Through God's love, we will flourish and develop our gifts in our nurturing community, as we strive to be an inspiration to all.

'Your light must shine before people, so that they will see the good things you do and praise your Father in heaven.' Matthew 5:16

Mental Health and Wellbeing Policy

Reviewed: June 2026

Future Review: July 2028

Policy Statement

At St John's we believe that happy, confident children thrive. Supporting mental health and wellbeing is at the heart of our school. We are proud of our nurturing community, where children, families and staff feel cared for, listened to and encouraged to flourish.

This policy sets out our whole-school approach to promoting positive mental health and wellbeing, our systems for early identification of need, and the steps we take to provide timely and effective support.

Aims

- To promote positive mental health and emotional wellbeing across the school.
- To ensure children, staff and families feel safe, listened to and supported.
- To identify needs early and put in place timely interventions.
- To develop resilience, confidence and a strong sense of belonging for all.
- To reduce stigma around mental health and encourage open, honest conversations.
- To signpost children and families to the right support beyond school when needed.

How We Support Wellbeing

Pastoral Care

- Our school chaplain, Mother Mitzi, provides pastoral support for children, families and staff. She meets regularly with pupils and parents in a safe, confidential setting.
- The Parent Mentor works with families to provide practical advice and guidance, helping to reduce barriers to learning.
- Teachers and teaching assistants are the first point of contact for pupils, and they know each child well enough to notice changes in behaviour, friendships or mood. Concerns are shared quickly with the Welfare Officer or Senior Mental Health Lead.
- The Child Protection Team is trained in safeguarding and mental health awareness.

Whole-School Programmes

- PSHE and wellbeing are taught through the Jigsaw curriculum, which builds emotional literacy, resilience and skills for life.
- Circle times, assemblies and daily worship create space for reflection and shared values.
- We are part of the PINS programme (Partnership for Inclusion of Neurodiversity in Schools), which ensures children with additional needs are supported inclusively.
- Staff receive training through E-TIPSS and other local initiatives to strengthen our trauma-informed practice.

Enrichment & Clubs

- Over two-thirds of children attend after-school clubs, including sport, yoga, art, music and chess.
- Clubs build resilience, strengthen friendships, and give children an outlet for creativity and physical health.

- Disadvantaged pupils are supported to attend without cost, ensuring equity of access.

Reflection & Spirituality

- Our Reflection Corner and Catriona's Garden are calm, peaceful spaces for children to rest, reflect and reconnect.
- Collective worship, links with St John's Church, and RE lessons support children in exploring life's bigger questions and finding meaning and purpose.
- Spiritual development is seen as central to emotional wellbeing.

Pupil Voice

- The School Council, Eco-Committee and Pupil Ambassadors provide formal ways for children to share their views.
- Wellbeing surveys and pupil conferencing ensure we listen to children's experiences.
- Children's ideas shape initiatives such as playground improvements, friendship benches and wellbeing events.

A Small and Nurturing Community

- Every child is truly known by name in our school.
- Our size enables us to identify needs early and respond quickly.
- We set high standards of care alongside high expectations for learning, ensuring children thrive academically, socially and emotionally.

Accessing Support

If you have concerns about a child's wellbeing:

- Speak to the class teacher in the first instance.
- Contact our Welfare Officer, Mrs Flanagan.
- Speak to Mother Mitzi for pastoral support.
- Reach out to the Parent Mentor for practical advice.
- Use the resources and signposts in our Mental Health Provision Map.
- Support for staff and parents - Mental Health Crisis contact number: 0800 151 0023

Staff and Leadership

The Headteacher and Senior Mental Health Lead oversee mental health provision.

Staff are trained to notice early signs of difficulty and to respond appropriately.

Governors monitor the school's action plan and policy impact.

Regular opportunities for staff wellbeing are built into school routines.

External Services

We work closely with Enfield Local Authority and NHS partners, including:

- Enfield CAMHS, SAFE crisis team, and SCAN for complex needs.
- E-TIPSS and SWERRL for trauma-informed and SEMH support.
- School Health Service, Kooth and Youth Alive for community-based wellbeing programmes.
- Referrals are made by the SENCo, Welfare Officer or Headteacher, in consultation with families.

Monitoring and Review

This policy will be:

- Reviewed biennially (every two years) by the Senior Mental Health Lead and Governing Body.
- Evaluated against our audits, and feedback from pupils, staff and parents.
- Updated in line with statutory guidance and best practice.

Related Policies

- Safeguarding Policy
- Behaviour Policy
- Anti-Bullying Policy
- PSHE and RSE Policy
- SEND and Inclusion Policy