

Davenham Church of England Primary School

“Working Together, Playing Together, Serving God and Serving Others”

“...encourage one another and build each other up...”

1 Thessalonians 5:11.

POLICY FOR HEALTH, MENTAL HEALTH AND WELL-BEING

OVERVIEW

Davenham C of E Primary School will do all that it can to promote the good Health and Wellbeing, including mental health, of all who learn and work here. Promoting a healthy lifestyle for all will be a priority.

OBJECTIVES

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 promote and protect good health, well-being and mental health of all who work and learn here and that they underpin everything that we do.

STRATEGIES

1. We will appropriately promote the good 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” (Mrs Jessica Ollier) and Link Governors (Mrs Kathryn Alexander and Mrs Angela Doe) for Mental Health. Along with the Headteacher, the Governing Body have responsibility for the oversight of this policy and strategy for protecting the mental well-being of all in this school.
4. All staff will promote the importance of a healthy lifestyle including good mental health and encourage pupils to make informed choices and take appropriate decisions regarding their own health.
5. Where appropriate, we will foster links between school, home and appropriate outside agencies so that all are involved in a collective responsibility for promoting good health and good mental health.

We will pay attention to the six areas of health and wellbeing across the curriculum, these include: -

- mental, emotional, social and physical and spiritual wellbeing;
- planning for choices and changes;
- physical education and physical activity and sport; f
- food and healthy eating;

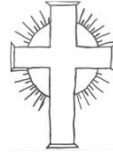
- the dangers of substance misuse
 - and relationships and parenthood.
6. We will use the work-load policy and strategy to promote the health and well-being, including the mental health, of pupils, staff and all who work in this school.
 7. We will ensure that the curriculum, homework, assessment and teaching and learning strategies take account of pupils' well-being and mental health.
 8. We will use the stress policy to ensure that the health and well-being, including mental health, of staff is a priority.
 9. We will provide safe and healthy working conditions for all in school.

OUTCOMES

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

EQUALITY STATEMENT

Davenham Primary School is committed to ensuring equality of opportunity for all children, staff, parents, carers and visitors irrespective of their race, gender, gender identity, disability, religion or belief, sexual orientation, marital status, age or pregnancy and maternity. We tackle discrimination through the positive promotion of equality, by valuing diversity, challenging bullying and stereotypes and by creating an inclusive environment which champions fairness and respect for all.



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Effective Date		23 September 2019	
Review		Every 3 years	
Person Responsible			
Signed Headteacher	Signed Chair of Governors	of	Date Ratified
Joanne Hyslop	Debbie Mercer		23 September 2019

Review Date	Signed Headteacher	Signed Chair of Governors
September 2022		