At Wath Victoria we have a commitment through senior leaders and governors to promote the mental health and well-being of all stakeholders.

Head Teacher: Mrs D Mackinnon, Lead: Mrs J Fenton, Named governor: Mrs D Harris. Policies- see the school website or <a href="www.jmat.org.uk">www.jmat.org.uk</a>
Mental Health Team: Miss J Fenton (Lead), Miss K Canetti, Mrs E Nutley, Miss J Frame, Miss E Booth, Miss S Nichols, Mrs K Burgin, Miss N Maddison, Miss J Cunningham

## STAFF

Mindfulness practices – music, techniques, spaces. Action for happiness - kindness calendars Top teacher award Self-care; personal responsibility is encouraged Weekly email quote - positivity Well-being for staff – time to de-stress Access to coaching, counselling Strong friendships encouraged. Tolerance, openness and trust is established Communication protocols On site mental health first aid trained staff Team teach trained Restorative practices and trauma informed strategies employed Random acts of kindness Well-being offer of staffs skills out of school Mental Health team





## Emotional health and well-being @WV

## **PUPILS**

Aspire, Believe, Achieve principles
Ready, Respectful Safe – restorative behaviour practice
Inclusive approach – each child is treated as an
individual

Growth mind set, resilience

Staff who smile, listen and respond

Mindfulness practices – music, techniques, spaces.

Inclusive curriculum - Jigsaw programme - PSHE range of
topics -picture news

Pastoral support – vast array of programmes available
Pupil welfare manager– additional support
Positive regard specialist - SEMH lead
Positive feedback and marking
PE, #fitin15, after school provision
Breakfast club / bagel bar
Hall of Fame/ recognition board / Dojo
Peer buddy – playground support

Liaison with the local MP/councillors/school improvement committee = positive decision making and citizenship. Strong pupil voice

Attendance monitoring and procedures

Referrals made to external agencies – CAMHS,
Barnados, Sunbeams, school nurse, food banks etc
Event days – Hello Yellow, Macmillan, anti-bullying,
Christmas Jumper day

Mental health awareness week.

## **PARENTS / CARERS**

Non-work related team building exercises & initiatives.

Parental engagement - open access, daily contact

SLT designated parental point of contact

Effective relationships

Access to policies

Friends of Wath Victoria group

School social events

Range of communication methods

Signposting to relevant services – GP, groups, support

services