

# The Ripon and Rural Cluster Mental Health Champions Mental Health and Wellbeing Policy written by Children, for Children

June 2024

## Faith Courage Love

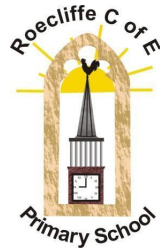
**Faith** to move forward in confidence and succeed.  
**Courage** to make a difference in the world every day.  
**Love** one another as God loves us.

**Faith** - Roecliffe School will prioritise good relationships and will model respect for all in their policy implementation.

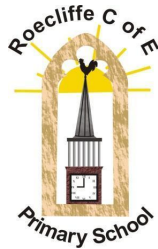
**Courage** - Roecliffe school commits to implementing this policy with integrity and in order to achieve the best possible outcomes for all stakeholders.

**Love** - All policies will be implemented in such a way as to ensure faith in fair process.

Policy Date	Review Date	Headteacher	Chair of Governors
June 2024	June 2025	Lesley Briggs	Nick Baird



1. The Rationale for Mental Health and Wellbeing in our school
2. Aims for Mental Health and Wellbeing in our school
3. How our school vision and values support mental health and wellbeing.
4. How learning within our school curriculum must support mental health and wellbeing
5. Championing healthy lifestyle choices in our school.
6. Who can we go to in our school for support with mental health and wellbeing
7. Who we can go to outside of school for support with mental health and wellbeing.



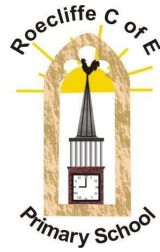
## The Rationale for Mental Health and Wellbeing in our school (Why we need this policy?):

Positive mental health leads to robust wellbeing in which every person can reach their full potential. Positive mental health helps us to be resilient so that we can grow, blossom and flourish within our school community and in the wider community.

At Roeclyffe CE Primary School, we will promote positive mental health and good physical wellbeing for every member of our community. We will work within the school and with our wider community of cluster schools to find whole school approaches and specialised, targeted approaches for individual pupils, that fulfil the aims below.

## The Aims for Mental Health and Wellbeing in our school:

- To have a supportive and caring ethos that promotes positive mental health and wellbeing. Our approach will be respectful and kind, all of our ideas will be welcomed, considered and valued.
- To learn about what we can do to support our own positive mental health and wellbeing.
- To work together to build resilience so that we are able to manage difficult times and times of change.
- To always support each other's mental health and wellbeing to reach our full potential.
- To make sure that everyone can access help from inside school and from outside school if or when they need it.



## How our school vision and values support mental health and wellbeing:

At Roecliffe CE Primary School our vision is:

*Faith to move forward in confidence and succeed,  
Courage to make a difference in the world everyday,  
Love one another as God loves us.*

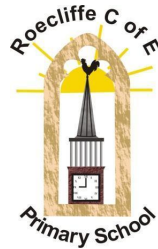
Our school values are: *Faith, Courage and Love*

We know that this vision and these values are also the foundations from which we can build robust mental health and wellbeing. We learn from Bible stories and discussing global news that our school values of faith, courage and love help us to understand ourselves and others better. We consistently apply our vision and values when learning about, and supporting school community members with positive mental health and wellbeing.

## How learning within our school curriculum must support mental health and wellbeing:

The skills, knowledge and understanding we need to keep ourselves and others physically and mentally healthy and safe are included as part of our learning in PSHE, PE, RE and in Science.

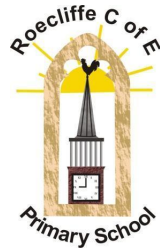
What we learn in lessons and in the wider curriculum depends on the needs of each year group or class being taught. Our teachers make sure that we are able to develop the skills, knowledge and confidence to manage our own mental health and wellbeing or to know when, where and how to seek help when we need it.



## Championing healthy lifestyle choices in our school

Mental Health Champions and Wellbeing Ambassadors at our school will be supported by the adults in school and by their peers to:

- Encourage people to eat better both in school and at home - Healthy lunches, nice puddings, healthier choices.
- Exercise regularly both in school and at home - to become physically and mentally healthy and to have more energy.
- Agreeing playtime rules and writing risk assessments to keep everyone safe and happy at playtime.
- Playtime Buddies/ Buddy benches to make sure that everyone, who wants to, has someone to play or be with.
- To have teachers and adults in school who we can talk to at any time.
- To use the Zones of Regulation.
- To have rewards and prizes for children who help and support each other at school.
- Teach calming strategies and provide areas in school for quiet reflective times.
- Teach everyone the importance of sleep and help them to become both physically active and mentally strong.
- Circle time approaches or activities.
- Managing feelings resources e.g. 'worry boxes'
- Managing emotions resources such as 'the incredible 5-point scale'
- Therapeutic activities including yoga, art, lego and relaxation and mindfulness techniques



## Who can we go to in our school for support with mental health and wellbeing?

All teachers and adults in school are always there for you should you need help.

Teachers and adults who specialise in mental health and wellbeing in our school are Mrs Briggs, Miss Ratliffe and Mrs Barrett.

The School Mental Health Champions, are always there to help you should you need to talk to someone, or to give you their support with your mental health and wellbeing. They will always be able to tell you where to find further help should you need it.

## Who can we go to outside of school for support with our mental health and wellbeing?

Parents and family

The school DSL (Mrs Briggs) or DDSLs (Mrs Lewis or Miss Ratliffe)

Compass phoenix

Educational psychology services

Paediatricians

CAMHS (child and adolescent mental health service)

Counselling services

Family support workers

Emotional health & Resilience Team (Healthy Child Team)