

Pupil Mental Health and Wellbeing Policy

Date Reviewed:	22.06.2026
Next Review Date:	22.06.2027
Policy Owner:	Miss Lana Sumners
Ratified:	Annually at Full Governing Board

Date	Amendment	Staff Member
5.2.26	Addition of behaviours may notice, MHFA, Wellbeing ambassadors	LS
27.04.26	Policy standardisation	LS
22.07.06	Wellbeing Governor added p3	GM

Mission Statement

We are committed to providing a supportive, enjoyable and family style environment in which every child is nurtured and encouraged to achieve their potential through a broad-based curriculum and opportunities for developing sporting, dramatic, artistic and musical talents.

Statement of Aims & Objectives

- To enable each child to fulfil their own academic and personal potential.
- To instil in every child the importance of developing personal initiative and to foster in them a belief that they can fulfil their potential in any area of school life.
- To provide a broad based academic and extra-curricular education that is delivered in such a way as to satisfy the learning needs of each and every pupil.
- To help each pupil to develop both a set of Christian values and an understanding and appreciation of other religious beliefs.
- To learn the difference between right and wrong and to appreciate that rights and responsibilities are equally balanced.
- To develop and promote a sense of caring and community between the pupils within the school and the wider community as a whole.
- To instil in each pupil a high degree of self-respect and respect for their fellow pupils, teachers and other adults.
- To prepare each child for the transition to the next stage of their education and to be able to take advantage of any opportunities as they present themselves.



Oakhurst Grange School

Safeguarding

Oakhurst Grange School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. At this school we respect and value all children and are committed to providing a caring, friendly and safe environment for our pupils so that they can learn in a relaxed and secure atmosphere. We believe that every pupil should be able to participate in all school activities in an enjoyable and safe environment and be protected from harm. This is the responsibility of every adult employed by, or invited to deliver services at Oakhurst Grange School. We recognise our responsibility to safeguard all who access school and promote the welfare of all of our pupils by protecting them from physical, sexual and emotional abuse, neglect and bullying. This should be read in conjunction with the Safeguarding Policy.

All staff will be asked to complete training annually following KCSIE updates. Further safeguard training will take place throughout the year. All staff must wear their lanyards at all times.

The Safeguarding governor is: Pauline Clark Pauline.clark@oakhurstgrangeschool.co.uk

DSL: Roxann Dowling (Head of EYFS)

DDSL: Gemma Mitchell (Headteacher)

DDSL: Faye Dance (Deputy Headteacher)

Telephone: 01883 343344

Safeguarding Team: DSL@oakhurstgrangeschool.co.uk

Introduction

Oakhurst Grange School actively promotes democracy, the rule of the law, individual liberty and mutual respect for those with different faiths and beliefs. These are fundamental British Values which underpin all that we offer.

At Oakhurst Grange School, we recognise that positive mental health and emotional wellbeing are fundamental to pupils' ability to learn, develop, and achieve their full potential. We are committed to creating a safe, supportive, and inclusive environment where all pupils feel valued, listened to, and able to seek help when they need it.

This policy outlines how Oakhurst Grange School promotes positive mental health, prevents mental health difficulties where possible, and provides appropriate support to pupils experiencing mental health or emotional wellbeing concerns.

Aims of the Policy

This policy aims to:

- Promote positive mental health and wellbeing for all pupils
- Create a school culture that supports openness and reduces stigma around mental health
- Enable pupils to develop resilience, confidence, and emotional literacy
- Supports early identification of mental health concerns



Oakhyrst Grange School

- Provide clear guidance on support, referral, and safeguarding procedures
- Clarify the roles and responsibilities of staff, pupils, parents, and governors

Scope

This policy applies to all pupils at Oakhyrst Grange School. It should be read in conjunction with other relevant school policies, including:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- SEND Policy
- Anti-Bullying Policy
- Attendance Policy
- PSHE and RSE Policy

Definition of Mental Health and Wellbeing

Mental health is a state of wellbeing in which an individual:

- Realises their own abilities
- Can cope with the normal stresses of life
- Can work productively and fruitfully
- Is able to contribute to their community

Mental health exists on a continuum, and pupils may move along this continuum at different times in their lives.

Roles and Responsibilities

5.1 Governing Body

The governing body is responsible for:

- Ensuring the school has appropriate policies and procedures in place
- Supporting a whole-school approach to mental health and wellbeing
- Monitoring the effectiveness of this policy
- Wellbeing Governor: Heidi Armstrong (Chair of Education and Welfare)

5.2 Headteacher

The Headteacher is responsible for:

- Promoting a positive school culture that prioritises wellbeing
- Ensuring staff receive appropriate training and guidance
- Ensuring this policy is implemented effectively



5.3 Head of Wellbeing

The Head of wellbeing is responsible for:

- Coordinating the school's mental health and wellbeing provision
- Acting as a point of contact for pupils, staff, and parents
- Liaising with external agencies where appropriate
- Supporting staff with advice and guidance

5.4 Safeguarding Lead

The Designated Safeguarding Lead (DSL) has responsibility for:

- Managing concerns where mental health issues overlap with safeguarding
- Ensuring safeguarding procedures are followed

5.5 All Staff

All staff have a responsibility to:

- Foster a supportive and inclusive environment
- Be alert to signs of mental health difficulties
- Listen to pupils and take concerns seriously
- Follow school procedures for reporting concerns

5.6 Mental health first aiders and mental health champions

Mental health first aiders within the school will:

- Foster a supportive and inclusive environment
- Be alert to signs of mental health difficulties
- Listen to pupils and take concerns seriously
- Follow school procedures for reporting concerns
- Use their training to support pupils with mental health and wellbeing concerns

Named mental health first aiders: Gemma Mitchell and Lana Sumners

Mental health champion: Georgie Lomax

5.7 Pupils

Pupils are encouraged to:

- Look after their own mental health and wellbeing
- Be supportive and respectful of others
- Speak to a trusted adult if they are worried about themselves or others



5.8 Wellbeing ambassadors

Wellbeing ambassadors are pupils who have been voted to represent and voice the mental health and wellbeing needs of pupil in school council and wellbeing meetings. They are encouraged to:

- Look after their own mental health and wellbeing
- Be supportive and respectful of others
- Speak to a trusted adult if they are worried about themselves or others
- Gather pupil voice that may be relevant to mental health and wellbeing
- Take part in wellbeing meetings with the headteacher and Head of wellbeing
- Promote wellbeing initiatives

5.9 Parents and Carers

Parents and carers are encouraged to:

- Communicate openly with the school about concerns
- Support their child's mental health and wellbeing at home
- Work in partnership with the school and external services

Promoting Positive Mental Health

Oakhyrst Grange School promotes positive mental health through:

- A broad and balanced curriculum, including PSHE and RSE
- Teaching emotional literacy, resilience, and coping strategies
- Creating a positive and respectful school environment
- Encouraging pupil voice and participation
- Providing opportunities for physical activity, creativity, and relaxation
- Buddy Bench
- Buddy system
- Buddy playground monitors

Identifying Pupils at Risk

Staff may identify concerns through:

- Changes in behaviour, mood, or attendance
- Decline in academic performance
- Social withdrawal or friendship difficulties
- Physical symptoms with no clear medical cause
- Self-harm or talk of hopelessness
- Worry monsters
- Pupil voice- Wellbeing ambassadors, School council



Concerns should be recorded and shared in line with school procedures.

Supporting Pupils

Support may include:

- Regular check-ins with a trusted adult
- Small group interventions
- Reasonable adjustments to support learning
- Referral to the SENCO where appropriate
- Referral to ELSA/ Head of Wellbeing for 1:1 sessions
- Use of wellbeing resources such as worry monsters, buddy system, the Nook
- PSHE lessons

Working with External Agencies

Where additional support is needed, the school may work with:

- School nursing services
- Educational psychology services
- Child and Adolescent Mental Health Services (CAMHS)
- Local authority or voluntary sector organisations
- Private services such as counsellors

Parental consent will be sought where appropriate, unless safeguarding concerns override this.

Safeguarding and Risk Management

If a pupil is at risk of harm to themselves or others:

- Safeguarding procedures will be followed immediately
- Concerns will be shared with the DSL
- Appropriate referrals will be made

The safety of the pupil is always the school's priority.

Confidentiality and Information Sharing

Information will be handled sensitively and shared on a need-to-know basis in line with safeguarding and data protection requirements.

Staff Training and Support

The school is committed to:

- Providing mental health awareness training for staff
- Supporting staff wellbeing and resilience



Oakhurst Grange School

- Ensuring staff know how to access support

Monitoring and Review

This policy will be reviewed annually, or sooner if required, to ensure it remains effective and up to date with statutory guidance.

This Policy is subject to regular review.