



## **Mental Health Policy**

At Dormer we understand that all children need the foundation of positive mental health to benefit fully from all of the opportunities available to them at school.

**Mental Health** is how we feel, how we think and how we behave. The promotion of Mental Health for children and young people is everybody's business.

It is about:

- Being able to form and maintain relationships with others
- Being adaptable to change and other people's expectations
- Being able to have fun
- Being open to learning
- Being able to develop a sense of right and wrong
- Being able to develop the resilience to manage ordinary setbacks

We nurture a **mentally healthy environment** where staff, parents and carers:

- Are recognised for their significant contribution to children's mental health
- Are welcomed, included and work in partnership with agencies
- Are provided with opportunities where they can ask for help
- Are signposted to appropriate agencies for support
- Are clear about their role in working in partnership with the school
- Opinions are sought and valued and receive a response

We provide opportunities to **promote positive mental health** through:

- Mindfulness sessions (Gloucestershire Healthy Living and learning - GHLL)
- Regular circle times in KS1 and PSCH sessions in KS2
- Assemblies – anti-bullying, e-safety, Keeping Safe, Mindfulness
- The use of SEAL resources and R-Time activities
- Play
- Differentiated learning activities
- Challenging stereotypes
- Targeted additional intervention (SEND team)
- Team building
- Rewards and celebrations
- Close links with outside agencies such as the Healthy School Bus, GHLL
- A broad and balanced curriculum
- Dedicated pastoral staff – key workers (EYFS), class teachers, SENCO, Headmistress

[This policy is monitored by the Headteacher and the Trustees and will be reviewed annually.](#)

**Signed**

**Date:**