



Olney Infant Academy: Well-being and Mental Health Policy

Linked to the following policies:

- PSHE
- Relationships and Behaviour
- Intimate Care
- Safeguarding and Child Protection
- Attendance

Statement: At Olney Infant Academy we are committed to fostering a nurturing environment that promotes the mental health and well-being of all our children and staff. We believe that emotional well-being is fundamental to learning, development, and happiness. This policy outlines our approach to ensuring every member of our school community feels safe, valued, and supported.

Key Principles:

1. **Nurturing Environment:** We create a warm and inclusive atmosphere where children and adults feel secure and valued. Our school environment encourages open communication, positive relationships, and mutual respect.
2. **Caring Adults:** All staff members provide care, compassion, and understanding. We recognise the importance of building strong, trusting relationships between children and the adults who support them.
3. **Supportive Pastoral Leaders:** Pastoral leaders play a vital role in overseeing and promoting the mental health and well-being of our school community. They provide tailored guidance, monitor well-being trends, and offer additional support to children, families, and staff where needed.
4. **Everyday Well-being Check-ins:** General well-being check-ins are a part of our daily practice (zones of regulation). Staff take time to observe, interact with, and check in on the emotional health of each child. These check-ins may lead to individual conversations, ongoing support, more regular support and parental contact.



Implementation:

- **Dedicated Team:** Pastoral leads are supported and guided by the school's inclusion lead where there are well-being mental health concerns, and this ensures we respond effectively. We also have a dedicated Mental Health Lead and Mental Health First Aider.
- **Bespoke Pastoral Offer:** Support is offered when appropriate for, bereavement, attachment, trauma, and other specific identified well-being needs.
- **Trusted Adults:** It is important that children have a trusted space to talk. This is in line with our safeguarding policy and where disclosures are made, the safeguarding processes will always be followed.
- **Parental Involvement:** We work closely with parents and guardians to ensure a consistent approach to well-being both at school and at home.
- **Celebration of Achievements:** We celebrate children's efforts and achievements to build their confidence and self-esteem.
- **Access to Support Services:** Where necessary, we provide access to external mental health and well-being services. We have a comprehensive Early Help offer. For example, school nurse, Service 6, CAMHS

Monitoring and Review: This policy will be reviewed annually to ensure it continues to meet the needs of our children and aligns with best practices.