



Pupil Friendly



# Mental Health Policy

## What is Mental Health?

Everybody has Mental Health, just like everybody has physical health. It is to do with our brains and our emotions. Sometimes we can have great Mental Health and sometimes we can struggle.

## How our school supports us with our Mental Health.

Our school strong believes that Mental Health is as important as Physical Health. Here are some things we do/have:

- Voice boxes in every class
- Time to talk – with a trusted adult
- Learn about Emotional Regulation (Just Right, blob tree, big deal-o-meter etc)
- PSHE lessons
- Reception buddies, play leaders, school council and other responsibilities
- Mental Health Ambassadors
- Golden rules, things that keep us safe
- Quiet and safe spaces, places to calm down
- Regulation Stations

## Who can help?

Our pupils can talk to any adult in the school who they trust:

- Teacher or teaching assistant
- Inclusion Team / Learning Mentors
- Senior Leadership Team

Created by our Mental Health Ambassadors