

St Marychurch Pre-school

Promoting positive mental health and well-being Policy

Statement of intent

Practitioners at St Marychurch Pre-school promote a caring, supportive environment in which each individual is valued and respected. All staff should be aware that mental health problems can, in some cases, be an indicator that a child has suffered or is at risk of suffering abuse, neglect or exploitation.

Only appropriately trained professionals should attempt to make a diagnosis of a mental health problem. Staff, however, are well placed to observe children day-to-day and identify those whose behaviour suggests that they may be experiencing a mental health problem or be at risk of developing one. Where children have suffered abuse and neglect, or other potentially traumatic adverse childhood experiences, this can have a lasting impact throughout childhood, adolescence and into adulthood.

It is key that staff are aware of how these children's experiences, can impact on their mental health, well-being, behaviour and education. If staff have a mental health and well-being concern about a child that is also a safeguarding concern, immediate action should be taken, following their child protection policy and speaking to the designated safeguarding lead or deputy.

Aim

All practitioners have high expectations for all and aspire to achieve excellence. Everyone experiences life challenges that can make us susceptible. Anyone may need additional support to maintain or develop good mental health. The mental health and well-being of children, adults, parents and carers will impact on all areas of development, learning and achievement and experiences.

Methods

- All children have the right to be educated in an environment that supports and promotes positive mental health and well-being for everybody. All adults have the right to work in an environment that supports and promotes positive mental health and well-being for everybody.
- The pre-school is committed to raising awareness, increasing understanding and ensuring that everyone can make a difference by providing a place where all children, workers, parents and carers feel safe, secure and able to achieve and experiences success and well-being.
- The setting offers a learning environment that promotes and enhances positive mental health and well-being. A consistent approach means the pre-school environment promotes good mental health for all.

Healthy relationships underpin positive mental health and well-being and have a significant impact.

A mental healthy environment has:

- a) An agreed ethos and culture that values and respects all
- b) A commitment to being responsive to all children needs
- c) Strong links with external agencies to provide access to support and provide information
- d) A named lead for mental health and well-being promotion and an understanding that 'mental health' is everyone's business'.

A healthy learning environment provides opportunities that promote positive mental health and well-being, through the standard curriculum and extended provision, such as Circle Time, differentiated learning activities, individual timetables, and challenging stereotypes.

The pre-school will raise awareness as to how the whole community can look after their own mental health and well-being and that of others.

Will help to de-stigmatise mental health

Will support people and provide opportunities that enable everyone to reach their potential.

Will strengthen relationships and provide opportunities for different ways of working.

Will provide foundations for life-long learning.

Will promote and strengthen resilience and empower everyone to face life's challenges.

We will support the mental health and well-being of practitioners who are suffering from personal problems, including.

Domestic abuse

Sexual, criminal, and radical exploitation

Female genital mutilation

Disabilities

Staff well-being

Our practitioner for Mental Health and well-being is **Gemma Wise**

Signed: _____

Position: Chairperson

Dated: _____

We aim to provide a safe, stimulating, caring, happy Pre-school where all children and their families are welcome. We provide a curriculum based on the Early Years Foundation Stage using individual children's interest and needs.