Member of staff responsible: Miss Michelle Launder
Date policy written: October 2025
Date reviewed: October 2026
Date to be reviewed: October 2027

Mental Health Policy 2026 – 27

The mental health and well-being of our pupils is of paramount importance at Water Primary School. This policy outlines our commitment to promoting positive mental health, preventing mental health problems, and providing support for those in need. We believe that mental health education is crucial for the holistic development of every child, in alignment with the 2014 National Curriculum and expectations set by Ofsted.

Objectives

Promote Mental Well-being: Foster an environment that actively promotes the mental well-being of all pupils.

Prevention: Identify and manage mental health risks to prevent issues from arising.

Support Systems: Provide clear paths for support for pupils struggling with mental health difficulties.

Community Engagement: Involve parents and the wider community in promoting mental well-being.

Roles and Responsibilities

Mental Health Subject Leader: Oversee mental health initiatives, training, and policy implementation.

Teachers: Promote mental well-being in the classroom and integrate mental health education into the curriculum.

Designated Safeguarding Lead (DSL): Ensure the protection of students and coordinate support for those in need.

Support Staff: Assist in monitoring and providing emotional support for pupils.

Both teachers and staff also monitor the children's mood using our Moodtracker App – this is logged each day by each class (Am and PM). All negative emotions are logged and children are spoken to on the same day and supported where necessary.

Policy Framework

1. Curriculum Integration

Mental health education will be integrated into the PSHE (Personal, Social, Health and Economic Education) curriculum to equip pupils with the skills to understand and manage their own mental health.

Key topics will include understanding emotions, resilience, stress management, and the importance of seeking help.

2. Training and Development

Regular training sessions will be held for staff to understand mental health issues and how to support pupils effectively. Staff will be encouraged to access external professional development opportunities regarding mental health awareness.

3. Preventive Measures

Implement regular mental health screenings and well-being surveys for pupils to identify any emerging challenges. Incorporate mindfulness, relaxation techniques and physical activity into the daily timetable to promote emotional regulation and resilience.

4. Support Interventions

Develop a clear referral system for pupils to seek help from the Mental Health Subject Leader or DSL. Establish partnerships with external mental health services for additional support where necessary. Provide a designated quiet space within the school for pupils to retreat for emotional regulation and support. Each class to also use and embed the Zones of Regulations to support children.

5. Parental Involvement

Regular workshops and information sessions for parents to raise awareness about mental health and strategies for supporting their children at home. A communication strategy that promotes involvement in mental health activities undertaken in school.

6. Monitoring and Evaluation

Implement a system for monitoring the effectiveness of mental health strategies and interventions. Conduct termly reviews of pupil well-being and engagement with mental health resources. Use feedback from pupils, parents, and staff to continuously enhance the mental health policy.

At Water Primary School, we are dedicated to fostering a safe and supportive environment where every pupil can thrive mentally and emotionally. This policy aims to create a framework for successfully supporting our pupils' mental health and aligning with both the 2014 National Curriculum and Ofsted requirements in schools.

Miss Michelle Launder
Mental Health Lead
October 2026