

St Joseph the Worker Catholic Primary School



Emotional Wellbeing and Mental Health Strategy

2025/2026

Our vision for promoting wellbeing at St Joseph the Worker Catholic Primary School is clear and simple:

We value each other; we nurture each other; we encourage each other; we care for each other; we respect each other; we show love to one another.

Our aims:

- Increase understanding and awareness of mental health issues.
- Enable staff to identify and respond to early warning signs of mental ill health in students.
- Raise awareness among staff and ensure they are supported in relation to looking after their own wellbeing.
- Instil a culture of staff and student welfare, where everyone is aware of signs and symptoms with effective signposting underpinned by behaviour and welfare around school. We aim to achieve this at all levels, through teaching the children, training the staff, involving our parents in the vision and having a whole school approach to the importance of healthy bodies, healthy minds, acts of kindness and happiness for all. Listed below are some of the ways in which we are currently doing this:
- Caring staff who look out for the children in their care and the colleagues with whom they work.
- To raise awareness of the risk factors that put individuals at a higher risk of developing Mental health Problems. • Mental Health leader trained in mental health first aid.
- School Council Healthy First Change Team who meet termly.
- Wellbeing ambassadors who promote wellbeing across school.
- Mental Health, wellbeing and happiness displays across school.
- Calm areas within each class.
- Action for Happiness calendars displayed around school and changed monthly – large display outside the headteacher's office.
- Wellbeing / mental health standard item at performance management meetings and staff meetings.
- Wellbeing and mental health target in School Improvement Plan.
- First assembly each half term on wellbeing across school, delivered by Mental Health leader and / or members of the change team.

- Learning Mentor to support children on a 1:1 and referral to external agencies such as MHST, YPAS, Listening Ear, Thrive, Hope Therapy Dog Service, CHAMHs, MYA.
- 'Relax Kids' resources in every class.
- Morning greeters on every entrance.
- Mindfulness activities /promoted in every class.
- Gratitude jars in each class for children and staff to write down things they are grateful for in their lives.
- Free flu vaccination for all staff and governors.
- PSHE lessons raise awareness of positive mental health, importance of sleep, recognising changing moods and emotions, how to deal with times of stress and anxiety.
- Named Wellbeing governors.
- CPD is encouraged
- Initiatives to promote staff wellbeing – Small gesture for staff as a token of gratitude have included: PPA from home, hug in a mug, postcards of thanks, chocolate tree, croissants, feel good Fridays, staff buddies, effective use of professional, development time, free tea and coffee, access to free counselling service and wellbeing package.