

Policy for:

# Emotional Health and Well-being Policy and Risk Assessment 2024 - 2026



**Committee: Premises, Health and Safety**

## Document Control

### A. Confidentiality Notice

This policy document has been approved by the Governing body of St. Modwen's Catholic Primary School and is intended for internal and /or external publication. Where the document is identified for internal use the policy information may not be shared with external agencies or parents without the prior agreement of the Headteacher or authorising Committee.

### B. Document Details

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### C. Document Revision and Approval History

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Version 1	22.1.2024	C Salt (SBM)	Premises, Health & Safety	<b>School Policy amends:</b> Insert Front Sheet amalgamated Policy and Risk Assessment recommendation P, H & S 20.2.2024 Page 2: names in table updated <b>School Risk Amends</b> Keeping Children Safe in Education (KCSIE) 2023 Early Years Foundation Statutory Framework (January 2024) Attendance and Admissions Officer

# Emotional Health and Well-Being Policy: Section A

## The national criteria states:

"A healthy school ensures that when pupils are unhappy, anxious, disturbed or depressed there are open channels for them to seek or be offered support, without stigma and with appropriate confidentiality. A healthy school actively seeks to promote emotional health and well-being and helps pupils to understand their feelings".

At St Modwen's Catholic Primary School we work towards positive Emotional Health and Wellbeing in the whole of our school community for adults as well as children. This policy also supports school Risk Assessment Policy for the Wellbeing of Pupils.

## This policy:

- Acknowledges the negative effects for the child or young person when imposing unnecessary sanctions and commencing disciplinary processes and procedures and advocates against this
- gives due regard to the Disability Discrimination Act (1995) and the Equality Act (2010) – please also reference our Equality and Diversity, SEND, Health and Safety and Safeguarding Policies
- gives due regard to the NICE guidelines: Children's Attachment (2015)
- details specific and named adults who are responsible for supporting the well-being, participation, and inclusion of children and young people who have relational attachment and trauma needs.

Attachment Adult (Name)	Area of Expertise/Training
A Taylor (Deputy Headteacher)	SEND CO
D Quinn	Behaviour Lead
I Inwood (Teaching Assistant)	ELSA and HOPE Trained
S Mehmood (Attendance and Admissions Officer)	Attendance and Admissions
A Pratt (Nursery Manager)	Mental Health at Work Level 3 Trained
C Salt (School Business Manager)	Senior Mental Health Lead qualification Mental Health at Work Level 3

## CONTEXT AND RATIONALE

Emotional health and wellbeing promotes school success and improvement by:

- contributing positively to priorities such as enhancing teaching and learning, raising standards, promoting social inclusion and improving behaviour and attendance
- involving pupils more fully in the operation of the school
- helping pupils and staff feel happier, more confident and more motivated
- helping to meet legal, ethical and curricular obligations

## AIMS

**Our mission is to help children and young people become emotionally resilient and better placed to engage with life and learning. We do this through a our whole-school approach to wellbeing – proven to improve attendance, behaviour and attainment.**

## **General**

- Happier and more motivated pupils and staff who get more out of life

## **Teaching and Learning**

- Pupils who are more engaged in the learning process
- Pupils who can concentrate and learn better
- Improved standards in all subjects, including literacy and numeracy.
- Improved attainment
- More effective teaching
- Parents and carers more involved in school life and learning

## **Behaviour and Attendance**

- Pupils with high self-esteem and confidence
- Pupils who have a say in what happens at school
- Fewer disaffected pupils, disengaged from learning
- Pupils attendance rates and punctuality is good
- Improved behaviour and attendance
- Less bullying

## **Staff Confidence and Development**

- Improved morale
- Lower absenteeism
- Better recruitment level
- Positive and effective relationships with pupils

## **VEHICLES FOR EMOTIONAL HEALTH AND WELLBEING**

### **The school promotes and provides a range of services to pupils:**

- 2022 school invested in adopting THRIVE as a whole school approach helping our children to become emotionally resilient and better placed to engage with life and learning. We do this through a our whole-school approach to wellbeing – proven to improve attendance, behaviour and attainment. The implementation of THRIVE is being led in school by our Inclusion Manager.
- School works within the Route to Resilience scheme (2018 onwards -aimed at embedding emotional well-being throughout the curriculum and wider curriculum)
- We have our own child mental health counsellor and Mental Health Young Ambassadors to act as mentors
- Pastoral staff with a mixture of teaching and non-teaching pastoral assistants and qualified first aiders
- Co-ordinated support from a range of external organisations
- Welcome days and transition events
- Regular 'Family Coffee Mornings/ Events' to encourage communication with parents to support the whole family mental health and well-being
- Children have access to safeguarding/ wellbeing posters and websites
- Children's physical health is prioritised in school; school provides a wide range of sporting and play opportunities (OPAL Play was introduced in school in 2022) for children to engage in and invested in a Sports and Outdoor Play lead, Our WEDNESDAY - WAKE UP, SHAKE UP,

is proving really popular with children and encourages children's exercise and positivity, our catering service promotes healthy eating

- Hygienic toilets which ensure privacy and safety

**The school promotes an anti-bullying culture through:**

- A strong school ethos which empowers tolerance and respect, including respect for difference and diversity
- High profile of anti-bullying procedures and policy through corporate posters, assemblies and events such as national anti-bullying week and using SEAL materials
- Active listeners, including assistants and adults other than school staff to whom the victim may turn

**The school promotes and strengthens the pupil voice through:**

- A democratic process for the election of school council representatives
- Timetabled meeting time for members of the school council
- Involving pupils in interviews for members of staff
- Allocating a school council budget
- Opportunities in assemblies

**The school promotes the involvement of parents and carers in the life and learning of the school through:**

- Parent questionnaires
- Regular consultation about change and development through questionnaires and special meetings
- Subject Focus evenings, Sports and Theme Weeks and Concerts/Music Events
- Involvement in school trips and extracurricular activities
- Regular communication and involvement over pupil progress, behaviour and pastoral issues

**The school facilitates a context for learning through:**

- Enhancing school and classroom layout; facilities and resources
- Recognising the background of individual pupils and their physical, social and emotional needs
- Establishing clear rules, routines and expectations about behaviour for learning and social cohesion.
- Encouraging positive, caring and constructive relationships

**The school enhances pupil motivation and learning through:**

- Consistent support for vulnerable children and those with SEN from trained teams of pastoral, learning support, teaching assistants and other agencies where appropriate.
- A range of challenging opportunities for gifted and talented pupils
- An exciting and varied range of extra-curricular events and trips
- A balanced curriculum with opportunities for intellectual, physical and expressive development
- Recognising a range of learning styles
- Encouraging independence in learning

- Using a range of teaching styles such as Circle Time appropriate to pupils' age, ability and level of maturity
- Using the SEAL materials to raise self-esteem and confidence levels.

**The school enhances pupil self-esteem and personal development through:**

- The Personal Development Curriculum which includes Citizenship and PSHE
- The Route to Resilience scheme (2018 onwards) which equips pupils with opportunities to build resilience, tolerance and self-worth, to name but three key areas.
- Information, advice and guidance on sex and relationships and drugs
- Careers advice
- Opportunities for pupil leadership through school council, library mentorship and student receptionist.
- An emphasis on praise and reward
- Opportunities for reflection and spiritual development through art, literature and the RE curriculum

**The school enhances staff motivation, learning and professional development through:**

- Curricular planning time within the school week
- Whole school training events, including Safeguarding
- Access to appropriate external training
- Involving all staff in decision making and proposed change e.g. timing of the school day, frequency of reporting to parents and so on.
- Provision of non-contact time to allow for planning, delivery and evaluation of healthy school activities
- Consultation on training and support needs through regular review

**Monitoring/Review**

The Governors are committed to reviewing the impact of the Emotional Health and Wellbeing policy as part of the rolling programme, taking into account the following policies and aspects (not an exhaustive list):-

- Motivation
- Resilience
- Self-esteem
- Behaviour Policy
- Anti-bullying Policy
- Anti-racism
- Anti-hate
- Anti-sexism
- Anti-homophobia
- Anti- trans gender
- Attendance Policy
- Attainment Policy
- Teaching

# Risk Assessment Policy for Pupil Wellbeing: Section B

## Introduction

The aim of this Policy is to set out the systematic approach for suitable and sufficient risk management throughout St.Modwen's Catholic Primary School, ensuring the wellbeing and welfare of pupils at the school is safeguarded and promoted at all times and appropriate action is taken to reduce risks and potential risks that are identified. This policy also supports school Emotional Health and Wellbeing of Pupils Policy.

## Purpose

The purpose of this policy is to outline how we use risk assessments in order to:

- promote the health and safety of pupils, staff, parents and visitors and
- safeguard the welfare and pastoral care of all pupils.

Not only is it a legal requirement for schools to carry out risk assessments, but we believe that the effective use of risk assessments is the best way to identify and minimise risks and prevent harm. They can cover our pupils, our buildings, our grounds, our staff, visitors and parents, as well as our daily routines and all school events and visits offsite.

St.Modwen's Catholic Primary School is fully committed to promoting the welfare, health and safety of all those in our community so that high quality education can take place. Our highest priority lies in ensuring that everything within the school environment is delivered in a safe manner that complies both with the law and with best practice.

A risk assessment is a formal examination of the factors which may cause harm to people. It involves setting out the ways in which these factors can be minimised and managed and assessing the adequacy of current procedures

## The School's duties

The school is under a duty to safeguard and promote the welfare and health and safety of all children and young people in the school. Its main obligations in this regard are set out in Part 3 of the Education (Independent School Standards) Regulations 2014 and in current Keeping Children Safe in Education (KCSIE) and associated Department for Education guidance. The school's duties include:

- supporting children's physical and mental health and emotional wellbeing;
- protecting children from harm and neglect;
- ensuring that all forms of corporal punishment are prohibited;
- encouraging children to contribute positively to society;
- providing a safe and healthy environment;
- improving the provision for disabled children;
- managing welfare concerns effectively.

The school is also under a duty to look after the health and safety of its staff, parents and visitors. Its main obligations in this regard are set out in the Health and Safety at Work Act 1974 and associated statutory instruments, and Health and Safety Executive guidance.

This policy covers the school's duties set out in the Statutory Framework for the Early Years Foundation Stage (January 2024, as amended).

This policy is drawn up and implemented in accordance with the above regulations and the Management of Health and Safety at Work Regulations which requires schools to carry out suitable and sufficient assessments of all the significant risks to employees.

# 1. Risk Assessment Policy for Pupil Wellbeing and Welfare

## 1.1 Responsibilities – Safeguarding and Promoting the Welfare and Well-Being at School

The Governors have overall responsibility for safeguarding and promoting student welfare and well-being at the School.

At an operational level, the Headteacher will;

- Ensure that all staff are aware of, and adhere to, the school’s policies and procedures on pupil health, safety and welfare;
- Ensure that key staff have clearly described roles and responsibilities;
- Ensure that staff are appropriately trained to deal with pupil welfare issues;
- Ensure that where concerns about a pupil’s welfare are identified, the risks are appropriately managed;
- Ensure that staff, pupils and parents and others are consulted, where appropriate, to find practical solutions to welfare issues;
- Ensure that standards of pupil welfare at St.Modwen’s Catholic Primary School are regularly monitored both at an individual level and globally to identify trends and issues of concerns and to improve systems to manage these.

Staff members named in the table below are responsible for carrying out risk assessments in relation to the specific matters of pupil health, safety and welfare covered in the named policies.

<b>Policy</b>	<b>Responsibility for risk assessments</b>
<b>Safeguarding and Child Protection</b>	Designated Safeguarding Lead and/or Deputy Designated Safeguarding Lead – Supported by Safeguarding Leadership Team
<b>Whistleblowing</b>	Designated Safeguarding Lead and/or Deputy Designated Safeguarding Lead
<b>Recruitment/Supervision</b>	Headteacher and School Business Team
<b>Behaviour</b>	Headteacher, Deputy Headteacher, SLT, Class Teachers
<b>Anti-bullying</b>	Headteacher, Deputy Headteacher, SLT, Class Teachers
<b>Exclusions</b>	Headteacher, Deputy Headteacher, SLT, Class Teachers
<b>Social Media</b>	Headteacher and SLT
<b>Health and Safety including First Aid</b>	Class Teachers, Teaching Assistants, Catering Manager, Caretaker, Midday Activity Team, School Business Team
<b>Medical Conditions</b>	School Business Team
<b>Fire Policy</b>	Fire Marshalls, School Business Team
<b>Attendance</b>	Headteacher and Attendance and Admissions Officer
<b>Visitors and Visiting Speakers</b>	Headteacher, Education Visits Co-ordinators; Class Teachers, School Business Team
<b>Educational Visits</b>	Headteacher, Education Visits Co-ordinators; Class Teachers, School Business Team

## 2. Pupil Welfare and Wellbeing

The school recognises its responsibility to safeguard and promote the welfare of pupils in its care. This responsibility encompasses the following principles:

- To support pupils’ physical and mental health and emotional wellbeing (as well as their social and economic wellbeing);

- To protect pupils from harm and neglect;
- To recognise that corporal punishment can never be justified;
- To provide pupils with appropriate education, training and recreation;
- To encourage pupils to contribute to society;
- To ensure that pupils are provided with a safe and healthy environment (and to improve the physical environment of the school in order to improve its provision for disabled pupils);
- To manage welfare concerns effectively.

The school addresses its commitment to these principles through:

## **2.1 Prevention**

Ensuring that all reasonable measures are taken to minimise the risk of harm to pupils and their welfare by:

- Ensuring through training that all staff are aware of and committed to this policy and the values set out;
- Establishing a positive, supportive and secure environment in which pupils can learn and develop;
- Including in the curriculum, activities and opportunities for PSHE which equip pupils with skills to enable them to protect their own welfare and that of others;
- Providing medical and pastoral support that is accessible and available to all pupils.

## **2.2 Protection**

Ensuring all appropriate actions are taken to address concerns about the welfare of a pupil, whether of a safeguarding nature or otherwise. This includes:

- Sharing information about concerns to agencies who need to know and involving pupils and their parents appropriately;
- Monitoring pupils known or thought to be at risk of harm and formulating and/or contributing to support packages for those pupils.

The school recognises that pupil welfare and well-being can be adversely affected by many matters whether in or away from school, including abuse, bullying, behavioural and health issues.

## **2.3 Risk Assessment**

Where a concern about a pupil's welfare/wellbeing is identified, the risk to that pupil's welfare/wellbeing will be assessed, appropriate action will be taken to reduce the risks identified, this will be recorded and then regularly monitored and reviewed.

Risk assessments do not have to be complicated. The level of detail contained in them should be relevant to the level of risks involved. In many cases risk assessment will lead to clarification and documenting of protocols and procedures that are already in place, following best practice and relevant industry standards where applicable.

The format of risk assessment as to pupil welfare may vary and may be included as part of the school's overall response to a welfare issue or using a risk assessment form. Regardless of the form used, the school's approach will be systematic.

The information obtained through this process and the action agreed will then be shared, as appropriate, with other staff, parents and third parties in order to safeguard and promote the welfare of a particular child or of pupils generally.

Risk assessments will be stored appropriately according to the policy they refer to; i.e. Assessments relating to individual pupils will be held on their pupil records.

See **Appendix 1 for Guidance on Risk Assessment**

## **2.4 Safeguarding/Child Protection**

With regards to safeguarding risks, and in accordance with current statutory guidance, including Keeping Children Safe in Education and Working Together to Safeguard Children, the school has systems in place to identify pupils who may need extra help, or those who are likely to suffer harm, and will take appropriate action to address and mitigate those risks by working in conjunction with social care, the Police, health services and other services, where necessary.

Full details of the school's safeguarding procedures are set out in the Safeguarding and Child Protection policy.

## **2.5 Anti-Bullying**

The school has a written Anti-Bullying policy which covers the school's approach to the management of bullying and cyber bullying.

## **2.6 Behaviour**

The school has a written Behaviour policy which sets out how it promotes good behaviour amongst pupils and the sanctions to be adopted in the event of pupil's misbehaviour.

The policy contains further information about the school's performance of its duties under the Equality Act 2010 (and reasonable adjustments made for pupils with educational needs/disabilities), support systems for pupils and liaison between parents and other agencies.

## **2.7 Health and Safety**

The school has a written Health and Safety policy which sets out how it complies with its obligations under the Health and Safety at Work Act 1974, the School has a duty to ensure the health and safety of pupils and others affected by the School's operations, so far as is practicable.

The school will do so by taking a sensible, proportionate and holistic approach to management of health and safety issues in accordance with the school's obligations and its health and safety policies.

## APPENDIX 1: Guidance on Risk Assessment

A risk assessment in the pupil welfare context is a careful examination of what could cause harm to pupil welfare and appropriate control measures, so that you can weigh up whether the school has taken adequate precautions or should do more to prevent harm.

The purpose of a risk assessment is not to create huge amounts of paperwork, but rather to identify sensible measures to control real risks - those that are most likely to occur and/or will cause the most harm if they do.

When thinking about your risk assessment in this context, remember:

- a welfare issue is anything that may harm a pupil, to include cyber-bullying or abuse;
- the risk is the chance that a pupil could be harmed either physically or emotionally, together with an indication of how serious the harm could be.

### Step 1: Identify the issue

First you need to work out how pupils could be harmed. This will generally be set out in the concern raised about a pupil's welfare.

### Step 2: Decide who might be harmed and how

Identify individual pupils or groups who might be harmed and how they might be harmed by the concern raised.

### Step 3: Evaluate the risks and decide on precautions

Decide what to do about the risks. The extent of the risk will depend on the likelihood of the harm occurring and the severity of the harm.

The effectiveness of controls should be considered and the extent of risk remaining assessed. When deciding if precautions are acceptable, the assessor should take into account the legal requirement to do all that is "reasonably practicable" to protect people from harm. Compare what you currently do with what is required by law, DfE guidance or is accepted good practice. If there is a difference, list what needs to be done to protect the pupil's welfare.

If the remaining risk is unacceptable then further controls must be identified to further reduce the risk. Where further action is necessary then an action plan should be included in the risk assessment, this should include:

- name of employee responsible for completing the action
- target date for completion
- any interim measures to reduce risk in the short term
- confirmation that the action has been completed
- reassessment of the level of risk following completion of the action.

### Step 4: Record your findings and implement them

Make a written record of your significant findings - the issue, how pupil(s) might be harmed and what arrangements the school has in place to control those risks.

There is no prescribed format for this record but any record produced should be simple and focused on control measures and the steps the school proposes to take to manage the risk.

### Step 5: Review your risk assessment and update if necessary

Review what you are doing for the pupils identified and across the school generally and monitor the efficiency of the measures you have put in place on a regular basis, or as required.