

# Wellbeing Strategy



The World Health Organisation states that good mental health is:

A state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.

## Our Mission

Farnborough Road Infant School is committed to promoting and protecting the emotional wellbeing and mental health of our whole school community. Wellbeing is at the heart of our school and reflected in our school values of:

**Honesty, Compassion, Respect, Perseverance,  
Love and Kindness.**

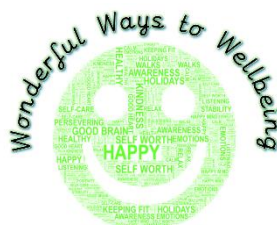
**Our Vision** is for all our children, their families, staff, volunteers, governors and visitors to have the support they need to build life long coping skills and thrive. We believe that having a mentally healthy community is about working together through challenges, sharing in celebrations and feeling: supported; listened to; accepted; valued and empowered.

## We will encourage this by:

- Increasing awareness of mental health and wellbeing with our whole school community
  - for pupils through curriculum design, teaching and learning experiences
  - for staff and governors through appropriate relevant CPD
  - valuing the contribution of parents and carers and engage them in improving wellbeing for their children,
  - signposting our community to First steps Family Wellbeing Centre for activities, advice and guidance.
  - for our whole school community, information on newsletters, wellbeing updates, community experiences, our website.
- Ensuring Leaders and Governors will support and champion wellbeing for all our school community
- Enable pupil voice to influence decisions
- Engage and work with parents and carers
- Support and train staff to support their own wellbeing and that of others
- Early identification of mental health needs and planning to support those needs including working with specialist services
- Advocate the research based 5 ways to wellbeing:

**Connect, Be active, Take Notice, Keep Learning and Give**

**We believe that relationships play an integral part to FRIS'S Wellbeing success. Our whole school community have contributed to our motto:**



## Roles and Responsibilities

<u>All Staff</u>	Through teaching and learning the importance of physical, emotional and social health will be promoted. Relationships with pupils, parents/carers and the school community will develop in order to advocate wellbeing and provide support or signposts as required. <b>All staff</b> will attend FRIS CPD relating to wellbeing to ensure they feel equipped to provide support. All concerns regarding pupils are recorded using CPOMs. Discussions are held with the Learning Support Manager and or members of SLT. Staff will support each other.
<u>Miss J Sephton</u>	<b>Headteacher</b> , Designated Safeguard Lead- Ensure the wellbeing strategy is managed effectively by people in key roles. Lead safeguarding and advise staff in supporting families known to have adverse mental health or wellbeing. Refer and liaise with outside agencies. Promote staff wellbeing and commit to changes that support this.
<u>Mrs J Price</u>	<b>Deputy Headteacher</b> , Deputy Designated Safeguard Lead, Mental Health Lead, Mental Health First Aider. Change Team Chair -CPD for mental health and wellbeing will be prioritised as necessary and timetabled every term. Mental health and Wellbeing will be prioritised in the School Improvement Plan, reviewed by SLT and fed back to Governors.
<u>Miss J Jackson</u>	<b>Support Mental Health Lead</b> , Mental Health First Aider, Change Team Co-Chair- Classroom and environment display and checklists-see policy.
<u>Mrs L Duckworth</u>	<b>PSHE Subject Lead</b> - Ensure curriculum planning includes high quality teaching and learning experiences.
<u>Miss L Chew</u>	<b>School Council Lead</b> , Wellbeing Champions(pupils) Lead- Organisation of community events, lead pupil wellbeing champions
<u>Mrs Touhey</u>	<b>Learning Support Manager</b> - Co-ordinate interventions, support mechanisms, lead CPD and hold meetings with parents to provide support for children with mental health concerns. Liaise with other services and refer as appropriate.
<u>Mrs L Edwards</u>	<b>Mental Health and Wellbeing Governor</b> - Champion the wellbeing strategy. Support SLT and staff, monitor wellbeing.
<u>Change Team</u> <u>(see website)</u>	Representatives from the <b>whole school community</b> will meet each half term to consider key actions to enhance wellbeing for our FRIS community. We will champion wellbeing within our daily roles to ensure all of our community are represented and all voices are heard.
<u>Mrs C Horton</u>	<b>Senior Early Help Worker</b> from Farnborough First Steps Family and Wellbeing Centre. Support families through Early Help and create timetables for universal services. Signpost families to appropriate agencies.

**For more information on our commitment to wellbeing please visit our website and view our staff and volunteer code of conduct, school improvement priorities, parental partnerships, curriculum subject overviews, school policies (SEND Policy, PSHE Policy, Behaviour and Relationships Policy, Relationships and Sex Education, PE, EYFS Policy, Health and Welfare), and newsletters.**

**Mrs Price 2023**