



Our **Vision** is to be a...

**Caring Community,
Courageously Learning,
Inspired to Live Life to the Full.**

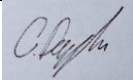

Jesus said, "I have come that you may have life and have it to the full."

(John 10:10)

Mental Health and Well-Being Policy

CCI is a vibrant, inclusive and aspirational school that strives to keep the wellbeing, education and safeguarding of children at the centre of all we do. Our staff, families, Church and Governors harmoniously work together to encourage children to flourish as people as well as learners in a setting where every child is empowered, their background celebrated and their mental health protected. Our Church school vision is seen through our values-led curriculum, holistic approach to each individual and community focussed experiences. This approach then enables every child in our care to learn to live life in all its fullness, during their educational journey with us.

The value we place on every individual extends to our staff team too, who are our greatest resource within school. We aim to uphold high levels of wellbeing through continued professional development, high aspirations and an ongoing collaborative approach. In all we do at Christ Church Infant school, we keep children at the heart of our work. The following policy sits within this school vision and ethos so should be read with this context in mind.

Signed CoG: 	Name: Chris Douglas	Ratified Date: T1 2025-26
Signed Head: 	Name: Anna Martin	Review: T1 2028-29

Safeguarding, Mental Health & Well-Being Governor – Chris Douglas

Related Policies:

Equalities Policy and Equality Objectives CCI 2024 – 28

Safeguarding & Child Protection Policy 2024-25 South Glos Model doc.

SMSCD Policy 2024

Well-being policy for staff 2022-23

PSHE Policy CCI 2022

Our Christian Vision

At Christ Church CE VC Infant School, we believe that *every person is made in the image of God*, deeply loved and full of potential. Guided by our vision to be "**a caring community, courageously learning, inspired to live life to the full**", we are committed to promoting and supporting the **mental health and emotional well-being of all children, staff, and families**.

We strive to create a **safe, inclusive, and compassionate environment** where everyone is valued, supported, and empowered to flourish.

Purpose of this Policy

This policy sets out how we nurture mental health and well-being as a **whole-school community**, ensuring that all children, staff, and families are supported in accordance with our Christian values.

We recognise that good mental health is essential for learning, relationships, and spiritual growth.

Key Questions:

- How do we reflect Christ's love and care in our mental health support?
- What are the mental health and well-being needs of our school community?
- What do we hope to achieve for children, families, and staff through this policy?

Legal Framework and National Guidance

This policy complies with the following:

- **The Children Act 2004**
- **The Mental Health Act 1983 (amended 2007)**
- **The Children and Families Act 2014**
- **DfE Guidance: Mental Health and Behaviour in Schools (2018)**
- **OFSTED Inspection Framework (current)**

Key Questions:

- Are we meeting our legal responsibilities?
- How do national standards support our Christian values in practice?

Roles and Responsibilities

Senior Leadership Team

- Champion mental health across the school community.
- Provide training, resources, and opportunities for staff, children, and parents to learn about mental health.
- Evaluate and improve mental health provision through regular review.

Staff

- Foster a warm, inclusive, and nurturing environment.

- Recognise signs of emotional distress and seek timely support from leaders or external professionals.
- Model healthy emotional habits and participate in ongoing professional development.

Children

- Learn how to recognise and manage their feelings.
- Speak to trusted adults about their emotions and experiences.
- Show kindness and care to peers as part of our caring community.

Parents and Carers

- Work in partnership with the school to support their child's emotional well-being.
- Communicate any concerns with staff.
- Engage with workshops or signposting opportunities provided by the school.

Wider School Community (Governors, Church, Local Agencies)

- Support and contribute to a whole-school approach to mental health.
- Offer pastoral care, resources, and expertise in line with our Christian ethos.

Implementation Strategies

1. Curriculum and Worship

- Embed mental health and well-being into the **RE & PSHE curriculum, collective worship, and spiritual development**.
- Use storytelling, role play, prayer, and reflection to explore emotions, resilience, forgiveness, and hope.
- Help children understand they are **uniquely created**, with gifts and value.

2. Support Systems

- Clear referral pathways for children and families needing extra support.
- Strong partnerships with mental health professionals (e.g., CAMHS, COMPASS).
- Staff well-being leads to promote a caring working environment.

3. Training and Awareness

- Regular training for all staff on emotional literacy, trauma-informed practice, and mental health first aid.
- Parent sessions on how to support children's mental health at home, rooted in compassionate communication.

4. Monitoring and Evaluation

- Use pupil voice, staff feedback, and parent surveys to assess well-being.
- Annual review of mental health initiatives and outcomes.
- Review interventions and support regularly to ensure effectiveness.

Key Questions:

- How do our practices reflect our Christian responsibility to “love our neighbour”?
- Are we enabling everyone in our community to “live life in all its fullness”? (John 10:10)

Review Mechanisms

- This policy will be reviewed every **three years**, or earlier if needed.
- Compliance with legislation and alignment with our Christian ethos will be central to all updates.

Key Questions:

- How do we listen well to all voices in our community?
- What evidence do we have that this policy is making a difference?

Related Procedures

1. Incident Reporting

- Clear, confidential process for staff to report concerns.
- Pastoral or safeguarding leads to act appropriately and compassionately.

2. Accessing Support

- Clear guidance for parents and staff on how to access support via the school or external agencies.

3. Crisis Response

- Protocols for immediate response in the event of a mental health crisis, including contact with COMPASS, CAMHS, or safeguarding services.

Conclusion

As a school family rooted in the Christian faith, we believe that **every child and adult is precious and loved by God**. Mental health and well-being are at the heart of our mission to be a **caring community**, and we are committed to journeying together in hope, love, and courage.