

Emotional Health and Wellbeing Policy

Just Learn

Approved by: Mrs Zarah Gadatara **Date:** Autumn Term 2021

Last reviewed on: Autumn Term 2021

Next review due by: Autumn Term 2022

Emotional Health and Wellbeing Policy

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 wellbeing and helps pupils to understand their feelings.”

At Jus'T' Learn Independent School we work towards positive Emotional Health and Wellbeing in the whole of our school community for adults as well as children.

CONTEXT AND RATIONALE

Emotional health and wellbeing promotes school success and improvement by:

- Contributing positively to areas such as enhancing teaching and learning, raising standard, 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

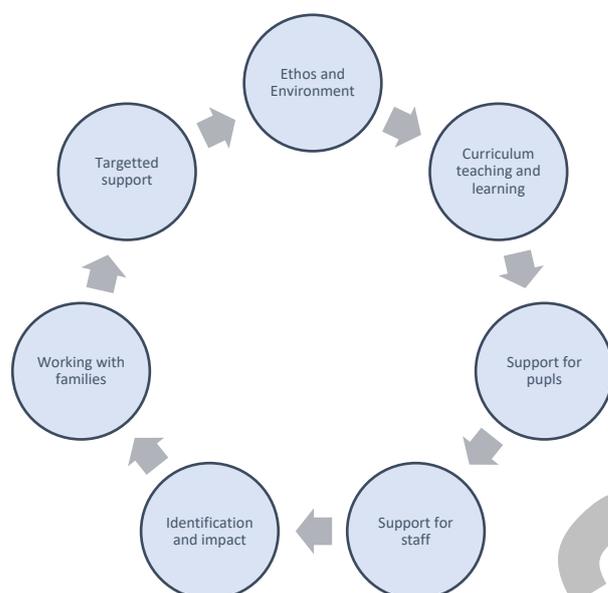
AIMS

General

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

Emotional Health and Wellbeing Principles

The seven identified Emotional Health and Wellbeing principles will underpin the approaches used to support the development and integration of wellbeing strategies within the school. School policy and curriculum delivery will support the promotion of key aspects of improving wellbeing. It will focus on creating a physically, emotionally and socially rich environment where key relationships can thrive, and pupils feel secure in their learning.



Clear identification, impact and outcomes measures will feed into the school-based programmes and the targeted interventions that will be offered to pupils.

Staff Observations focusing on any changes in behaviour, attention and presentation will feed into the identification process as well as any communications from the pupils regarding their emotions & feelings.

Identified pupils will receive bespoke intervention packages. The development of resilience through providing a secure basis, enhancing self-esteem and self-efficiency will underpin all interventions.

individual targets will aim to address these gaps and will focus on developing a skill set to support three key areas; growing and developing; future planning plus strategies to meet pupil needs.

Each set of interventions will be bespoke and provide a meaningful approach for each individual.

School based programmes which are linked to the curriculum will promote pupil voice through developing independence and choice making.

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
- 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
- Improved behaviour and attendance

Staff Confidence and Development

- High morale
- Reduction in absenteeism
- Low attrition
- Positive and effective relationships with pupils

VEHICLES FOR EMOTIONAL HEALTH AND WELLBEING

Jus'T' Learn promotes and provides a range of opportunities/ services to pupils:

- A curriculum that promotes emotional health and well being
- Access to a multi sensual room
- Access to an allocated Individual member of the Support Staff
- Boxing to develop Physical and Mental Health
- Princes Trust workshop on MMA (Personal Fitness and Mental Wellbeing)
- Enrichment activities
- Coordinated support from a range of external organisations
- Participation in extra curricular activities such as raising money for charities

Jus'T' Learn Independent 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

Jus'T' Learn Independent School promotes and strengthens the pupil voice through:

- Student input into the school's behaviour policy
- Involvement in the School Council
- Appointment of Head Boy and Girl

- The school promotes the involvement of parents and carers in the life and learning of the school through:
- Parent questionnaires
- Regular communication about change and development of the school
- Termly academic Review Days (Target Setting and review)
- Regular communication and involvement over pupil progress, behaviour and pastoral issues

Jus'T' Learn Independent 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
- A comprehensive Rewards and Sanctions Policy
- Elected Student of the Term
- A comprehensive Curriculum Policy outlining student involvement in their learning through 2 Wishes and a Star
- Increasing student understanding and competency through our Literacy Marking scheme
- Student involvement in Ragging their learning experience during individual lessons

Jus'T' Learn Independent School enhances pupil motivation and learning through:

- Consistent support for vulnerable children and those with SEN from trained teams of pastoral, HLTA, teaching assistants and other agencies where appropriate
- 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
- The Academy enhances pupil self-esteem and personal development through:
- The Personal Development Curriculum, which includes Citizenship and PSHE.
- Information, advice and guidance on sex and relationships and drugs through PSHE, assemblies and guest speakers
- Access to a taught Careers curriculum

- Careers advice and support during transitional periods in their education
- An emphasis on praise and reward through a range of methods
- Opportunities for reflection and spiritual development through art, literature and RE curriculum

Jus'T' Learn Independent School enhances staff motivation, learning and professional development through:

- Curriculum planning time with the school calendar
- Whole school training events, including Safeguarding
- Access to appropriate training
- Involving all staff in decision making and proposed changes e.g., timing of the school day, frequency of reporting to parents etc.
- Provision of non-contact time to allow for planning and training
- Regular opportunities to discuss training and support needs

Monitoring/Review

The Board of Trustees 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):

Behaviour for learning
Anti-bullying policy
Anti-racism policy
Teaching and Learning policy
Attendance Policy
Whistle Blowing Policy