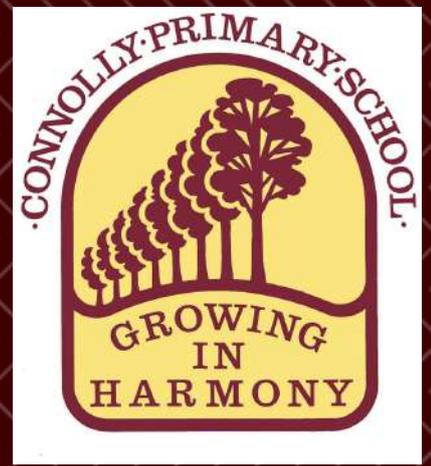


# MENTAL HEALTH AND WELLBEING POLICY

CONNOLLY PRIMARY SCHOOL



# Mental Health and Wellbeing

Connolly Primary School is committed to providing a community that promotes mental health and wellbeing for all students and staff. We aim to provide a welcoming and friendly school environment where there is a sense of belonging and inclusion. Students are helped to recognise and manage their emotions and develop care and concern for others. They are encouraged to establish positive relationships with others and handle challenging situations effectively. Diversity is respected and valued. Schools are learning communities that promote student well-being, safety and positive relationships so that students can reach their full potential. The well-being of students is enhanced and their learning outcomes optimised when they feel connected to others and experience safe and trusting relationships.

Students who feel connected, safe and secure are more likely to be active participants in their learning and to achieve better physical, emotional, social and educational outcomes. Educators who feel valued and supported are more likely to engage positively with students and build stronger connections within the school community. Enhancing the wellbeing of students and their educators delivers overall long term, social, health and economic benefits. (Australian Student Wellbeing Framework)

## Our Commitment to Mental Health and Wellbeing

At Connolly Primary School we are committed to:

### A positive school community

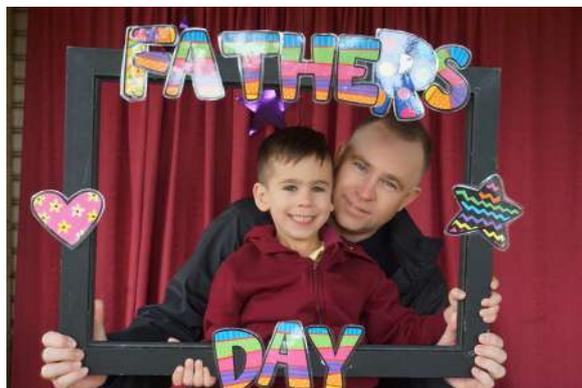
Promoting positive and respectful relationships to help children and families have a sense of belonging and connectedness and feel that their contributions are valued, through the provision of:

#### Student

- Chaplaincy programs
- Delivery of social and emotional learning programs
- Buddy classes
- Upstander and Harmony Awards
- Celebrating academic and non-academic achievements

#### Parent / Community

- Class assemblies
- Open night
- Class meetings
- Acknowledging Harmony Day
- Celebration of special days such as Mothers' / Fathers' Day
- Sporting events
- Volunteer programs
- Runners' Club



## Social and emotional learning

Teaching children how to manage feelings and get along with others whilst building resilience and emotional intelligence, through the provision of:

- Buddy program
- Friendly Schools Plus
- Cooperative Learning Strategies/Kagan Structures
- Protective Behaviours Program
- Cybersafety/ E- Citizenship
- Clubs



## Working with parents and carers

Working closely with families to promote children's mental health and wellbeing, through the provision of:

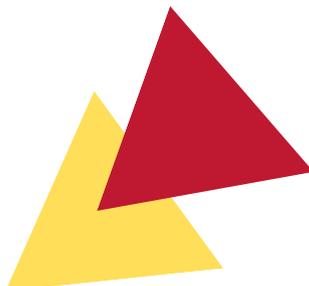
- Parent information workshops throughout the year, to assist parents in engaging in, and supporting, their children's mental health and emotional wellbeing.
- Newsletter information pertaining to student mental health and wellbeing



## Supporting children with mental health difficulties

Recognising and responding to mental health difficulties by enabling and assisting students to access appropriate support to meet their needs, through the provision of:

- Case management approach through Student Services Leadership team
- Chaplaincy Service
- School Psychologist Service
- Outside agencies- SENMMH, CAMHS
- Staff trained in Youth Mental Health First Aid
- Staff trained in Gatekeepers - suicide prevention
- Professional learning for staff on mental health



## Supporting staff with mental health difficulties

Placing priority on the wellbeing of staff leads to teachers feeling more supported and empowered. Priority is placed on staff wellbeing through the following initiatives;

- Committee dedicated to promoting staff wellbeing
- School chaplains
- Wellbeing / team building as part of each staff development day
- Social committee events
- Professional learning to support staff mental health and well-being
- Staff well-being week each term
- Professional learning for staff on Teacher CARE program



## Leadership of Mental Health and Wellbeing

The Principal, along with the Student Services Leadership team and the Pillar 4 Mental Health and Wellbeing committee play an active role in building a positive learning environment where the school community feels included, connected, safe and respected.

The leadership team promotes the following effective practices including;

- Development and communication of school vision and values priorities, to enhance student learning and sustain wellbeing of the school community.
- Actively seek and incorporate student perspectives about wellbeing through student voice surveys.
- Develop collaborative partnerships to enact the school's vision and values.
- Collaboratively develop whole school documentation to promote the wellbeing of students and staff.
- Review and monitor school capacity to address wellbeing in order to identify areas of strength and for improvement.

***Provide a positive learning environment which ensures safety, engagement, appropriate behaviour and mental health & well-being.***

