



# Park Grove Primary Academy

## Mental Health and Wellbeing Offer

---

### 1. Introduction

---

At Park Grove Primary Academy, we believe that promoting mental health and wellbeing is essential for the overall academic and personal development of our pupils. This document outlines our commitment to supporting and enhancing the mental health and wellbeing of all individuals within our school community, including pupils, staff, and parents.

### 2. Aims and Objectives

---

Our aims and objectives for mental health and wellbeing at Park Grove are as follows:

- To create a positive and inclusive school environment that fosters resilience, self-esteem, and emotional wellbeing.
- To equip pupils with the necessary skills and knowledge to manage and promote their own mental health and wellbeing.
- To promote early identification and intervention of mental health issues through effective monitoring and support systems.
- To provide appropriate training and support for staff to enhance their understanding and ability to support pupils' mental health and wellbeing.
- To work in partnership with parents and external agencies to ensure a holistic approach to mental health and wellbeing.



### 3. Curriculum and Learning Environment

---

We will achieve our aims and objectives through the following strategies:

- Embedding mental health and wellbeing education across the curriculum, ensuring it is age-appropriate and aligned with the 2014 National Curriculum in England.
- Offering dedicated PSHE (Personal, Social, Health, and Economic Education) lessons that address various aspects of mental health and wellbeing, including emotional regulation, stress management, and building positive relationships.
- Promoting a safe and supportive learning environment where pupils feel comfortable discussing their emotions and seeking help when needed.
- Offering a range of extracurricular activities that promote mental wellbeing.

### 4. Pupil Support

---

To provide comprehensive support to our pupils, we will:

- Designate an assigned member of staff responsible for overseeing mental health and wellbeing provision.
- Implement a whole-school approach to monitoring and nurturing pupils' mental health and wellbeing, through regular check-ins, pastoral support, and mentoring programs.
- Engage in early intervention strategies to identify and provide appropriate support to pupils at risk of developing mental health issues.
- Regularly review and update our policies and procedures to ensure they align with best practices and the latest research on mental health and wellbeing.



## 5. Staff Support and Training

---

We recognise the important role of our staff in promoting mental health and wellbeing. To support them, we will:

- Provide ongoing training and professional development opportunities to enhance staff members' ability to support pupils' mental health and wellbeing.
- Create a supportive working environment in which staff can seek assistance and access confidential support when needed.

## 6. Parent and Community Involvement

---

We believe that parental and community involvement is vital for promoting mental health and wellbeing. We will:

- Establish clear channels of communication with parents, informing them about our mental health and wellbeing initiatives, strategies, and available support.
- Share information with parents to enhance their understanding of mental health and provide them with strategies to support their children's wellbeing at home.
- Collaborate with external agencies to provide access to additional expertise and resources for parents and families.



## Summary of Expectations based on Ofsted's Framework

---

According to the most recent Ofsted framework, an outstanding mental health and wellbeing offer in a primary school would include the following:

1. A whole-school approach that integrates mental health and wellbeing into all aspects of school life.
2. A well-designed curriculum that addresses the mental health and wellbeing needs of pupils, aligned with the 2014 National Curriculum in England.
3. Clear systems in place to identify and support pupils' mental health needs, including early intervention strategies.
4. Regular training and ongoing professional development opportunities for staff members to enhance their understanding and ability to support pupils.
5. Strong partnerships with parents and external agencies to ensure a collaborative approach to promoting mental health and wellbeing.
6. Regular monitoring, reviewing, and updating of policies and procedures to reflect best practices and the latest research on mental health and wellbeing.

By implementing these expectations into our Mental Health and Wellbeing Offer, we are confident in our commitment to providing outstanding mental health and wellbeing support for all members of our school community.