

Emotional Health and Well-Being

Promoting positive emotional health and well-being to help pupils to understand and express their feelings, and build their confidence and emotional resilience and therefore their capacity to learn.

A Healthy School:

- 4.1 identifies vulnerable individuals and groups and establishes appropriate strategies to support them and their families
- 4.2 provides clear leadership to create and manage a positive environment which enhances emotional health and well-being in school – including the management of the behaviour and rewards policies
- 4.3 has clear, planned curriculum opportunities for pupils to understand and explore feelings using appropriate learning and teaching styles
- 4.4 has a confidential pastoral support system in place for pupils and staff to access advice, especially at times of bereavement and other major life changes and that this system actively works to combat stigma and discrimination
- 4.5 has explicit values underpinning positive emotional health which are reflected in practice and work to combat stigma and discrimination
- 4.6 has a clear policy on bullying, which is owned, understood and implemented by the whole school community
- 4.7 provides appropriate professional training for those in a pastoral role
- 4.8 provides opportunities for pupils to participate to build their confidence and self-esteem
- 4.9 has a clear confidentiality policy (may be in other policies).