



St Michael Catholic Primary School & Nursery Children's Mental Health & Well Being Policy

Our School Well-being Policy

At Saint Michael Catholic Primary School and Nursery, we believe that mental health and emotional well-being are just as important as physical health. We want everyone in our school to feel happy, safe, and supported.

Looking After Our Mental Health

We all have mental health, just like we have physical health. Sometimes we feel happy and full of energy, and other times we might feel worried, sad, or stressed. That's okay! Our school is a place where we can talk about our feelings and ask for help when we need it.

What We Do to Help

- **Talk About Feelings** – We encourage everyone to talk about their feelings and let others know when they need support.
- **Be Kind and Supportive** – We make sure that everyone in our school feels included, respected, and valued.
- **Teach Resilience** – We learn skills to help us bounce back from difficult situations and face challenges with confidence.
- **Help Each Other** – Our teachers and staff are trained to spot when someone might be struggling and offer support.
- **Listen and Support** – If pupils or staff need help, we guide them to the right support, whether that's talking to a teacher, a trusted adult, or a specialist.
- **Create a Safe Space** – We provide a calm, welcoming environment where everyone feels comfortable being themselves.

Removing the Stigma

It's important to remember that mental health is nothing to be ashamed of. If we have a problem, we can talk about it just like we would with a physical illness. Everyone needs help sometimes, and asking for support is a sign of strength.

What to Do If You're Feeling Down

- **Talk to someone** – A teacher, a friend, or a family member can help.
- **Take care of yourself** – Get enough sleep, eat well, and take breaks when needed.
- **Try calming activities** – Breathing exercises, drawing, writing, or listening to music can help you feel better.
- **Remember, you're not alone** – We are all here to support each other.

How We Support Our Community

We work together to raise awareness about mental health and make sure everyone knows how to get help. Our staff are encouraged to look after their own well-being too and seek support when needed. We believe that when we look after ourselves, we can better support others.

At St Michael's, we care about every member of our school family. By working together, we can create a school where everyone feels happy, safe, and supported.

Remember: It's okay to not be okay – and we are here to help!