



MENTAL HEALTH AND WELLBEING POLICY FOR HOLT FARM INFANT SCHOOL

DATED: February 2026

LAST EDITION: May 2023

POLICY TO BE REVIEWED September 2027

The Policy was formally adopted by the Governing Board.	Date: 10.02.26
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Mental Health and Wellbeing Policy

At Holt Farm Infant School, we are committed to supporting the mental health and wellbeing of children, parents, carers, staff and the wider community. Being able to manage and share feelings, cope with setbacks, be sensitive to others' feelings and needs, managing worries and stress and knowing when and who to ask for help are essential skills we aim to develop in every child. We also offer support, advice, information and sign-posting to parents/carers and to staff.

At our school, we aim to:

- Set out our school's approach to promoting positive mental health and wellbeing for all children across our school.
- Provide guidance to staff on their role in supporting children's mental health and wellbeing, including how they can foster and maintain an inclusive culture in which children feel able to talk about and reflect on their experiences of mental health.
- Support staff to identify and respond to early warning signs of mental health issues.
- Help children to understand their emotions and feelings.
- Help children feel comfortable sharing any concerns or worries.
- Help children socially to form and maintain relationships.
- Promote positive self-esteem.
- Encourage children to be confident and 'reach for the stars'.
- Help children to develop emotional resilience and to manage setbacks.
- Inform children and their parents/carers about the support they can expect from our school in respect of children's mental health and wellbeing and provide them with access to resources.
- Support the wellbeing and mental health of the adults in school.

As part of our school's commitment to promoting positive mental health and wellbeing for all children, our school offers support to all children by:

- Raising awareness of mental health during assemblies and our PSHE curriculum that helps pupils to build important life skills.
- Signposting all parents to sources of online support on our school website or in the newsletter.
- Having open discussions about mental health during PSHE lessons.
- Having an open-door policy to provide children and parents with the chance to provide feedback on their child's mental health.

- Monitoring all children's mental health through assessments, e.g. pupil questionnaires, pupil progress meetings, parents' evenings, regular contact between teachers and parents.
- Offering pastoral support, e.g. through SLT and class interventions.
- Having regular communication with parents for pupil's who require more updates.
- Providing extra transition sessions and meet the teacher sessions for when a pupil is finding moving class move difficult.
- Having an allocated buddy for all new pupils.
- Providing a range of physical lunchtime activities and quieter lunchtime activities to promote mental health and wellbeing and support for pupils who find busy lunchtimes stressful.
- Using the zones of regulation as a positive behaviour system to promote talking about feelings and emotions and strategies to self-regulate.
- Including children's mental health week in the school calendar and planning activities for the whole school.

We offer different levels of support:

Universal Support - to meet the needs of all our pupils through our overall ethos and our wider curriculum, including our PSHE curriculum and circle times.

Additional Support - for those who may have short term needs and those who may have been made vulnerable by life experiences such as bereavement.

Targeted Support - for pupils who need more differentiated support and resources or specific targeted interventions.

At a strategic level we also further demonstrate our commitment to positive mental health and wellbeing by;

- Appointing a senior mental health lead with an oversight of our whole school approach to mental health and wellbeing.
- A mental health and wellbeing policy for our school which is regularly updated.
- A staff mental health and wellbeing policy.
- Planning for the future with continuous enhancements.

Mental Health Support Teams

What do I do if I am worried about my child's mental health or wellbeing?

You can:

- Go to your GP as a first port of call as they are a useful place to gain medical support and signposting of local services.

- Talk to your child's class teacher about your child's needs or your concerns.
- Young Minds - The Parents Helpline is available to offer advice to anyone worried about a child or young person under 25.

Online Resources and Support

A public health England and NHS site to help people take simple steps to look after their mental health, improve their mental wellbeing and support others: <https://www.nhs.uk/oneyou/every-mind-matters/>

The Little Book of Sunshine

The book offers lots of practical and useful advice and aims to help children and young people by sharing tips on how to deal with problems, such as anxiety, stress, relationships and anger. It also includes information about where to get help when they need it.

<https://cypf.berkshirehealthcare.nhs.uk/media/168458/little-blue-book-of-sunshine.pdf>

Dealing with anxiety-

<https://tutorful.co.uk/guides/the-expert-guide-to-help-your-child-with-anxiety>

CAMHS

CAMHS stands for Child and Adolescent Mental Health Services. CAMHS is the name for the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties.

For more information, visit the website below:

[Guide to CAMHS \(youngminds.org.uk\)](https://www.youngminds.org.uk/)

CAMHS also have some excellent resources for parents:

[DOWNLOADS | CAMHS Resources \(camhs-resources.co.uk\)](https://www.camhs-resources.co.uk/)

<https://nest-alexandrainf.s3.amazonaws.com/uploads/document/AIS-Mental-Health-and-Wellbeing-Policy.pdf?t=1671530629?ts=1741186878>