



**ST. LEONARDS
PRIMARY
SCHOOL**
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MENTAL HEALTH AND WELLBEING POLICY

Rationale:

Mental Health and Wellbeing is essential to a productive and satisfying life.

Purpose:

As a health promoting school, we will promote the mental health and wellbeing of students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

Implementation:

- The school encourages and values the contribution of students, families and staff to a positive school environment and all members of the school community promote a culture of respect, responsibility, safety, fairness and equality.
- The school has a range of strategies to promote positive and responsible behaviour, and to prevent and respond to bullying, discrimination and harassment.
- Staff have the appropriate knowledge and skills to recognise and support students who may be at risk of or experiencing social, emotional, behavioural or mental health difficulties, including how to access support and make appropriate referrals to outside professional agencies.
- The school provides a curriculum that actively engages and builds students' self-awareness, social awareness, responsible decision making, self-management and relationship skills, and social and emotional learning are included in the curriculum.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote mental health and wellbeing across the curriculum.
- The school engages with local health professionals, services and other organisations to increase their capacity to deliver and promote mental health and wellbeing initiatives.
- The school provides information to students and families about local mental health and wellbeing services, parenting and family services, and other resources that are available to support the mental health and wellbeing of students and families.

Definitions:

Mental health: For children, this means “the capacity to enjoy and benefit from satisfying family life and relationships and educational opportunities, and to contribute to society in a number of age-appropriate ways. It also includes freedom from problems with emotions, behaviours or social relationships that are sufficiently marked or prolonged enough to lead to suffering or risk to optimal development in the child, or to distress or disturbance in the family.”

Resilience: The ability to bounce back from adversity in order to lead a healthy and fulfilling life.

Social and emotional competence: The ability to recognise and manage emotions, develop caring and concern for others, make responsible decisions, establish positive relationships and handle challenging situations capably.

References:

1. DEECD Promoting Healthy Minds for Living and Learning
 2. <http://www.education.vic.gov.au/Documents/school/teachers/health/healthyminds.pdf>
 3. DEECD 'Building Mental Health Promotion Capacity
<http://www.education.vic.gov.au/childhood/providers/health/Pages/building.aspx>
(last updated 28 September 2013)
 4. Raphael B. 2000, Promoting the mental health and wellbeing of children and young people. Discussion paper: key principles and directions. Canberra: Department of Health and Aged Care, National Mental Health Working Group retrieved from KidsMatter Early Childhood: A framework for improving children's mental health and wellbeing. 2012 page 91
 5. School Drug Education and Road Aware. Challenges and Choices. Early Childhood Resource for resilience, drug and road safety education. Government of Western Australia, 2005
 6. Zins J E and Elias M J. Social and Emotional Learning in Safe and Sound: An educational leader's guide to evidence-based social and emotional learning programs. Developed by the Collaborative for Academic, Social, and Emotional Learning, USA, 2003.
 7. DEECD School Policy and Advisory Guide – Health Education Approaches
1. DEECD Promoting Healthy Minds for Living and Learning

Evaluation:

This policy will be reviewed as part of the school's review cycle.

Endorsed by St Leonards Primary School Council.

Date: May 30th 2016