



# Emotional, Mental Health and Well-Being Policy

## Context and Rationale

At Ribblesdale School, we have a strong ethos and culture of well-being. School leaders prioritise emotional wellness and positive emotional health for our pupils and strive to create an environment where everyone feels safe, secure, and supported. We have a strong focus on building relationships between staff, pupils, and parents. Our personal development curriculum takes a proactive approach to teaching pupils how to care for themselves mentally and physically and our school ethos of "A mind to be kind" is embedded into day-to-day life. Pupils at Ribblesdale gain an understanding of the protected characteristics, as we encourage them to resist stigma and discrimination and instead celebrate diversity and individuality.

Our broad and enriched curriculum helps pupils to develop confidence and self-esteem which are key components of a successful and fulfilling life. We also celebrate pupils' positive contributions to the school community through awarding house points, communications to parents, and school assemblies. Working alongside our well-being ambassadors we gather feedback from pupils about how we can further support and promote the overall well-being of our young people.

In addition to our whole school approach we identify pupils who may require bespoke and targeted support. The pastoral team is equipped with the knowledge and confidence to make referrals to various outside agencies to support our young people and their families where appropriate. We strongly believe that if our pupils and staff are emotionally and mentally well, then everything else will follow.

## Named Staff and Policy lead

Mrs. B Mashiter (Assistant Head Teacher, Designated Safeguarding Lead and Designated Mental Health Lead)

## Relevant Staff

Staff	Role
Z Dewhurst	Deputy Headteacher and Lead DSL
J Whalley	Senior Assistant Headteacher and Deputy DSL for Primary Phase
B Mashiter	Deputy DSL for Emotional, Mental Health and Well-Being
H Power	Deputy DSL and Prevent Lead
J Parkinson	Deputy DSL
R Ralphson	Deputy DSL
L Small	Deputy DSL for Online Safety, Filtering and Monitoring
N Haslam	Out of School Club Manager and Lead DSL for Wraparound Care

## Our Whole School Approach:

- EYFS transition events, meetings with nurseries and parents
- Year 6 transition meetings with pupils, parents and primary schools
- Induction Events – Transition Evening and Days (involvement from the Mental Health and Schools Team)
- Support from the pastoral team; Pastoral-Co-ordinator and Form Tutor
- Weekly well-being sessions in form time
- Form Time Personal Development Curriculum – Specific Well-Being Day
- ‘Character Matters’ education inc. Resilience and Positivity
- Assemblies on safeguarding and well-being
- PSHE lessons
- A CIAEG programme that promotes high aspirations in our pupils
- Green Heart (online method for pupils to request well-being support)
- Pupil surveys to identify pupils who may need help
- Pupil voice and feedback via the school’s Well-Being Ambassadors
- Peer Mentoring from the Well-being Ambassadors
- Pupils, parent and staff access to the online platform [‘Well-Being Matters’ – Ribblesdale](#)
- Well-being whole school drop down day linking to the 5 Aspects of Well-being (give, take notice, connect, keep learning and be active)
- Activities on Awareness Weeks and Days
- Lunchtime clubs inc. Connect Club (run by the Youth Pastor at St. James Church)
- Celebrations of achievements and diversity through our rewards system
- Teachers promote risk taking in lessons, promoting a positive growth mindset

## Targeted Approach

Pastoral staff monitor various channels and feedback which may trigger targeted bespoke support for individual pupils.

Triggers include: -

- Pupil feedback/request
- Parent feedback/request
- Observations by school staff
- Outside agency reports
- Low school attendance

Our targeted support offer:

- Meetings with the Attendance Officer
- Parental meetings with pastoral staff including Pastoral Intervention Managers
- Mental Health in schools Team (MHST); one-to-one and group sessions
- School Nurse appointments
- Mentor Fit – Attendance Resilience
- Early Help Referrals
- Emotional Literacy Support sessions (ELSA)
- EBSA support delivered by Pastoral Co-Ordinators
- Referral to outside agencies – NEST, We Are With You, CANW, Foundation for Ribble Valley Families, Anger Management sessions and HARV

## Further support

Who can pupils/parents speak to outside of the school day?

At times pupils might find the need to speak to someone during the evening, at weekends or during the holidays. If you feel that you may need help from someone outside of school, please see below for some useful links to information from other sources.

- ['Well-Being Matters' – Ribblesdale](#)
- Your local GP
- Childline: [www.childline.org.uk](http://www.childline.org.uk) or call 0800 11 1
- Kidscape: [www.kidscape.org.uk](http://www.kidscape.org.uk) or call 020 7730 3300
- Kooth: [www.kooth.com](http://www.kooth.com)

- Mind: [www.mind.org.uk](http://www.mind.org.uk)
- NHS: [www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/](http://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/)
- Samaritans: [www.samaritans.org](http://www.samaritans.org) or call 116 123 for free
- Young Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Place2Be – improving mental health: [www.place2be.org.uk](http://www.place2be.org.uk)
- Living Life to the Full, lots of support including CBT: <https://lltff.com/>
- Talk To Frank – <https://www.talktofrank.com/>
- Kaleidoscope Group: [www.kaleidoscopeplus.org.uk](http://www.kaleidoscopeplus.org.uk)

Policy Ratified by Governors: Spring 2026

Policy Review: Spring 2027