

## **Mental Health and Wellbeing Policy**

Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her or his community.” (World Health Organization 2014)

We recognise that most people will experience mental health difficulties at some point in their life. We have an inclusive ethos, which encourages support and respect for staff.

We aim to recognise those in need and will endeavour to support them as best we can, possibly signposting them to others who can help. We do not judge or blame, and we act to provide a support network for those experiencing difficulties.

At the same time, we also recognise the importance of taking care of our own mental health. Whether this is providing opportunities to talk to others or take part in activities promoting good mental health.

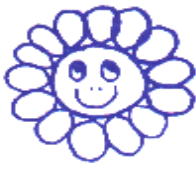
The Pre-school Management act as a champion for mental health and wellbeing. The role is not to necessarily provide interventions, but to have a whole Pre-school overview and to coordinate Pre-school’s approach to positive mental health and wellbeing.

We also recognise the need for children to have access to the outdoors and how this has a positive effect on mental health – knowing this we provide as many opportunities to use the outdoors as possible whatever the weather.

Children’s well-being is important to us as ‘all children deserve to be happy with how their lives are going, and we can't know if they are unless we ask them’, The Children’s Society

- We read articles and attend training related to Health and Well-Being
- Talk about feelings and emotions with the children
- Use ways such as exercise and the outdoors environment to feel good and reduce stress
- Work in partnership with parents to ensure a healthy well-being for their child.

Children’s Well-Being is extremely important to us, and children can experience stress in their lives in many ways as we have seen with the COVID-19 pandemic and Heatherside Pre-school will do their utmost to help reduce these stresses. “Children’s well-being is an



# Heatherside Pre-school

important part of the nation's well-being. Not only does childhood set the foundation for a well-functioning and healthy adulthood, but children ought to be able to experience life and flourish as individuals." Children's Well-being: 2018. For more support on this please see the setting's behaviour policy.

## List of useful websites

- <https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>
- <https://www.nhs.uk/services/service-directory/yoga-for-beginners/N10464600>
- <https://www.mind.org.uk/information-support/legal-rights/mental-health-act-1983/about-the-mha-1983/>
- <http://challengethestorm.org/the-mental-health-benefits-of-spending-time-outdoors/>

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