

AHBS Student, Staff and Family Wellbeing Policy

At Aspen Heights British School, we aim to promote positive mental health and wellbeing for our whole school community (children, staff, parents and carers), and recognise how important mental health and emotional wellbeing is to our lives in the same way as physical health is. Mental health struggles can have an enormous impact on quality of life, relationships and academic achievement.

Students

We recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement. All children go through ups and downs during their school career and some face significant life events. In order to foster a nurturing and supportive school environment that promotes the growth of self-esteem and supports our community in building resilience, AHBS has put the following measures in place for students:

- We present positively themed assemblies across the school topics including
 - Kindness,
 - Creativity
 - Mental health
- We have a pastoral care team with two qualified adult to adolescent Mental Health First Aiders to support students in any mental health crisis situations
- We have a School Counsellor available on site to provide individual support and one to one counselling sessions
- We facilitate the teaching of social and emotional learning lessons across key year groups
- We run small group interventions to improve children's communication skills around resolving conflicts
- We run a transition Programme to secondary schools which includes all Year 6 children
- We run Circle times in Primary and Aspen Hour in Secondary

Families

AHBS also acknowledges the important role parents and carers have in promoting and supporting the mental health and wellbeing of their children, and in particular supporting children who do have mental health needs. To support parents and carers:

- We include a Well-being section in our weekly newsletter that provides practical information on how to support children's wellbeing, mental health and social/emotional development.
- We provide access to the School Counsellor, who is able to provide resources, tailored guidance and mental health information via email
- We organise and run a range of family workshops and coffee mornings to promote unity and cohesion in our community

Staff

Supporting and promoting the mental health and wellbeing of staff is an essential component of a healthy school community. At AHBS, we promote opportunities to maintain a healthy work life balance and wellbeing by celebrating Birthdays weekly, facilitating regular staff briefings and phase meetings, having a 'Good news' padlet and promoting our Social Committee which organises team building events both physical and non physical. We also promote all staff leaving work early every Thursday, to support that work-life balance. Staff also have access to the school counsellor and their line managers to bring up any concerns.