



Our Lady of the Sacred Heart School



Pastoral Wellbeing and Mental Health Policy 2019

RATIONALE:

Pastoral Wellbeing is the promotion of a respectful, secure and healthy environment for all in the community. The school flourishes when conditions to support this are evident. 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.

VISION STATEMENT:

We believe the Catholic Faith traditions and Gospel values are integral to our identity and principles.

We believe the care, safety, wellbeing and inclusion of all children is central to our purpose.

We will educate the whole child; in a learning environment where teamwork and collaboration is central to students reaching his or her potential.

We believe all children can learn in a nurturing and stimulating environment.

We believe that partnerships with parents, students and staff are essential to building community.

We believe learning and teaching is a priority to build an independent and motivated learner.

GRADUATE OUTCOMES:

Our Lady of the Sacred Heart School seeks to educate students:

- Self-Aware
- Collaborative
- Compassionate
- Courageous

CHILD SAFE STATEMENT:

Our Lady of the Sacred Heart School will provide a safe and nurturing culture for all children, where they have the right to be treated with respect and will be protected from harm.

BELIEFS FOR STUDENTS, STAFF AND PARENTS:

We believe

- The mental, physical and emotional wellbeing of all are essential pre-conditions for successful learning.
- All students regardless of learning or physical /emotional abilities are entitled to interact within a Catholic School environment.
- Pastoral wellbeing is ensuring that we offer a safe environment for all members of the school community.
- Pastoral wellbeing is respecting the dignity of each person.
- Pastoral wellbeing is building just relationships through the sharing of responsibility between parents, staff and students.
- All involved (children, staff, parents) are supported through Professional Development, resources & community/parish support
- Occupational Health and Safety is about people. It is concerned with their care and safety and is extremely relevant to the Pastoral Wellbeing and positive mental health of every person in the school community.
- All staff should be familiar with relevant policies and procedures and all staff have a responsibility to ensure they are informed.
- Online Safety and eSmart are important factors in creating another safe area for the wellbeing and positive mental health of students and staff.

Our Lady of the Sacred Heart School promotes the care, safety, wellbeing and inclusion of all students.

IMPLEMENTATION:

At OLSH we have a number of procedures and practices; prevention, intervention and support, to cater for any of our students, families and staff.

Procedures and responsibilities

Leadership and commitment

- Staff, families and students are involved in guiding the development and implementation of the whole school pastoral wellbeing and mental health policy and are seen as key partners in promoting and supporting positive pastoral wellbeing and mental health in the school.
- There are frameworks in place at OLSH to support the wellbeing of all.
- Staff, families and students are provided with information about policy requirements.
- If a student is suspected of being at risk of, or experiencing social, emotional, behavioural or mental health difficulties the school will work closely with parents and/or primary caregivers to access the best form of early intervention to address concerns.

Healthy physical environment

- The school provides welcoming, quiet and reflective spaces for students, families and staff to utilise and to meet formally and informally to discuss private matters.
- Buildings, grounds, furniture, play equipment and resources are safe and accessible for every student.

Healthy culture

- Elmore OLSH is a Child Safe school that provides a welcoming and inclusive environment for all community members. There is a culture of respect, fairness and equity.
- Our Lady of the Sacred Heart practices are inclusive and culturally responsive to all vulnerable groups when implementing this policy.
- The school implements strategies to promote positive and responsible behaviour, and to prevent and respond to bullying, discrimination and harassment. The school has Positive Behavioural Intervention Supports (PBIS), anti bullying, Respectful Relationships and technology user agreements in place.
- Staff model respectful relationships and interactions with each other, students and families.
- Staff develop and maintain positive relationships with students and families.

Student teaching and learning

- OLSH Elmore incorporates the Resilience, Rights & Respectful Relationships curriculum which actively encourages students to develop emotional skills such as self-awareness, social awareness, responsible decision making, self-management and relationship skills.
- Members of staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote pastoral wellbeing and mental health across the curriculum.
- Students are engaged in developing and implementing mental health and wellbeing initiatives via student action teams.

Supported staff

- The school supports staff to learn about and care for their own pastoral wellbeing and mental health by providing staff with toolkits from the Resilience Institute as well as other resources and online modules by Beyond Blue.
- OLSH offers staff access to the Employee Assistance Program (EAP) if they require mental health support.

Our Lady of the Sacred Heart School promotes the care, safety, wellbeing and inclusion of all students.

- Mental health and wellbeing information and policy requirements are included in staff induction in the Staff Guidelines.
- Leadership practices and on the ground, support enable a work environment that minimises stress and promotes mental health and wellbeing for staff by providing staff with appropriate break times and professional support if staff require assistance.

Families and community partnerships

- Families, students and staff are key partners in developing and supporting the pastoral wellbeing and mental health initiatives in the school. They are included in learning walks to promote and encourage engagement in the school and to be involved in consultation through community cafes, conversations and inclusion in the School Board and Parents and Friends.
- Families are provided with information, ideas and practical strategies to promote and support pastoral wellbeing and mental health at school and at home.
- OLSH has a Parents and Friends group and School Board meeting where pastoral wellbeing and mental health is considered when planning at each meeting.
- The school partners with Catholic Care to support pastoral wellbeing and mental health practices where appropriate.
- There are clear referral options and pathways for students, staff and families to access support services for pastoral wellbeing and mental health.

RELEVANT POLICY AND DOCUMENTS:

- Behaviour Support Policy reflective of PBIS
- Critical Incident Policy
- Bullying & Harassment Policy
- Mandatory reporting Policy
- Mandatory Reporting Training Log
- Occupational Health & Safety Policy
- Grievances Policy
- First Aid Policy
- Acceptable Use of Internet Policy.
- Social Media Policy
- eSmart Policy
- School Engagement Policy
- CECV Child Safety Commitment Statement
- Out-of-home Care Partnering Agreement
- Australian Student Wellbeing Framework.

Evaluation:

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

Created 2019

Next Review 2021