



Drake and Morice Town Primary Academy Mental Health and Wellbeing (MHWB) Policy



Approved by: Governing Body

Date: 29th September 2025

Review Date: 29th September 2026

Named MHWB SLT Lead: Jessica Plummer and Lauren James

Named MHWB Governor: Amanda Williams

Policy Statement

At Drake and Morice Town Primary Academy, we are committed to promoting the mental health and emotional wellbeing of our whole school community. We aim to create a safe, inclusive and supportive environment where pupils, staff and families feel valued and understood.

We recognise that mental health is just as important as physical health, and we are dedicated to nurturing a culture of openness, support, and kindness.

Aims

This policy aims to:

- Promote positive mental health for pupils, staff, and families.
- Provide clear guidance on how we support wellbeing across the school.
- Embed mental health and wellbeing into the ethos, policies and practices of the school.
- Support early identification and response to mental health needs.
- Work in partnership with parents, carers, and professionals.

Key roles and responsibilities

Senior Mental Health Lead (SLT):

- Oversees MHWB strategy and provision in school.
- Coordinates support and training for staff.
- Acts as a point of contact for staff, pupils and families.

MHWB Governor:

- Supports the SLT lead in policy development and monitoring.
- Ensures MHWB is discussed at governing body level.

All Staff:

- Promote a positive classroom and school culture.
- Recognise signs of emotional distress and follow the school's pastoral process.
- Treat all MHWB concerns sensitively and in confidence.

Promoting pupil mental health

We aim to support all pupils by:

- Embedding emotional wellbeing into the curriculum (especially PSHE).
- Encouraging pupil voice through school council and wellbeing check-ins.

- Having clear behaviour and anti-bullying policies focused on respect and inclusion.
- Providing pastoral support through our parent support worker and SENCO.

Where needed, we refer to external services (e.g., CAMHS, counselling, family support workers). We work closely with the Livewell Southwest Mental Health Support Team (MHST) to provide early intervention for pupils struggling with emotional or mental health difficulties. Referrals to MHST are made through the in consultation with families. Additional support includes referrals to CAMHS or other community services if needed.

Working with families

We believe mental wellbeing is a partnership between home and school. We will:

- Communicate openly and respectfully with families.
- Share MHWB information and resources.
- Support families in accessing help when needed.
- Involve parents/carers in the development of support plans for their child.

Livewell Southwest MHST can also offer support to families – this may include parent workshops or direct support for a child’s emotional wellbeing.

School staff will help guide families in accessing the right support.

Staff training and awareness

- All staff will receive basic MHWB training through our trust/local authority or in-house CPD.
- Key staff (e.g., SLT, SENCO, DSLs) will access further training as appropriate.
- MHWB will be part of the induction for new staff.

Monitoring and review

- This policy will be reviewed annually by the SLT lead and governing body.
- Feedback from staff, pupils and families will inform updates.
- MHWB priorities will be included in the School Improvement Plan.

Linked policies

This policy links to:

- Safeguarding and Child Protection
- Behaviour Policy
- Anti-Bullying Policy
- SEND Policy
- Staff Code of Conduct
- PSHE Curriculum
- E-Safety Policy

Useful contacts and signposting

- Livewell Southwest MHST (Mental Health Support Team): Support for pupils with mild to moderate mental health needs. www.livewellsouthwest.co.uk/mental-health-support-team
- CAMHS Plymouth – for higher-level mental health needs.
- Young Minds Parents Helpline: 0808 802 5544
- School Wellbeing Lead