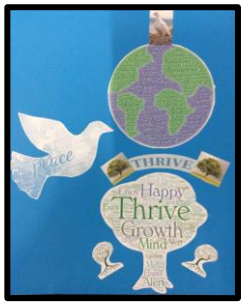


The Ripon and Rural Cluster
Wellbeing Warrior's
Mental Health and Wellbeing Policy
Written by Children, for Children
January 2026

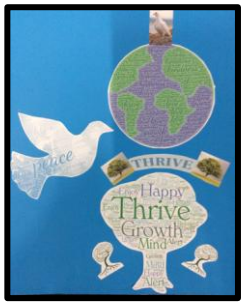
For Bishop Monkton C of E Primary School





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The Rationale for Mental Health and Wellbeing in our School

(Why we need this policy?)

Positive mental health leads to robust well-being in which every person can reach their full potential. Positive mental health helps us to be resilient so that we can grow, blossom and flourish within our school community and in the wider community.

At Bishop Monkton C of E Primary school, we will promote positive mental health and good physical wellbeing for every member of our community. We will work within the school and with our wider community of cluster schools to find whole school approaches and specialised, targeted approaches for individual pupils, that fulfil the aims below.

We will follow our schools vision to:-

Act justly, love kindness and walk humbly with God, Micah 6:8.

The Aims for Mental Health and Wellbeing in our school:

To have a supportive and caring ethos that promotes positive mental health and wellbeing. Our approach will be respectful and kind, all of our ideas will be welcomed, considered and valued.
To learn about what we can do to support our own positive mental health and wellbeing.
To work together to build resilience so that we are able to manage difficult times and times of change.
To always support each other's mental health and wellbeing to reach our full potential.
To make sure that everyone can access help from inside school and from outside school if or when they need it.





How our school vision and values support mental health and wellbeing:

At Bishop Monkton C of E Primary School our vision is for everyone to **Act justly, love kindness and walk humbly with God, Micah 6:8.**
. We will consistently apply our vision and values when learning about and when supporting with positive mental health and wellbeing at our school.

How learning within our school curriculum must support mental health and wellbeing:

In our school, we follow the Kapow PSHE curriculum which is based on the PSHE Association.

The skills, knowledge and understanding we need to keep ourselves and others physically and mentally healthy and safe are included as part of our learning in PSHE, PE, RE and in Science.

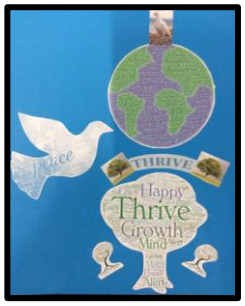
What we learn in lessons and in the wider curriculum depends on the needs of each year group or class being taught. Our teachers make sure that we are able to develop the skills, knowledge and confidence to manage our own mental health and wellbeing or to know when, where and how to seek help when we need it.

Championing healthy lifestyle choices in our school

Wellbeing Warriors across all schools will be supported by the adults in school and by their peers to:

- ✓ Encourage people to eat better both in school and at home - Healthy lunches, nice puddings, healthier choices.
- ✓ Exercise regularly both in school and at home – to become physically and mentally healthy and to have more energy.
- ✓ Agreeing playtime rules and write risk assessment- to keep everyone safe and happy at playtime.
- ✓ Playtime Buddies/ Buddy benches- to make sure that everyone, who wants to, has someone to play or be with.
- ✓ To have teachers and adults in school who we can talk to at any time.





- ✓ To have special cards or signs to signal that we need time to talk
- ✓ To use the Zones of Regulation.
- ✓ A certificate for children who help and support each other at school throughout the school year chosen by the Wellbeing Warriors
- ✓ Teach calming strategies and providing areas in school for quiet reflective times in each class
- ✓ Teach everyone the importance of sleep- to become both physically active and mentally strong.
- ✓ Circle time approaches or 'circle of friends' activities.
- ✓ Managing feelings resources e.g. 'worry boxes'
- ✓ Managing emotions resources such as 'the incredible 5-point scale'
- ✓ Therapeutic activities including yoga, art, lego and relaxation and mindfulness techniques

Who can we go to in our school for support with mental health and wellbeing?

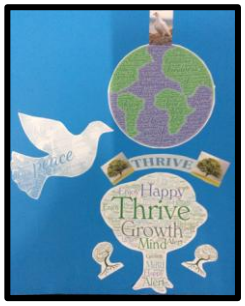
All teachers and adults in school are always there for you should you need help. Teachers and adults who specialise in mental health and wellbeing on our school are Mrs Cowling - Head Teacher/SENCo and Mrs Coupland – HLTA/Health and Wellbeing Champion/PHSE Lead

The School Wellbeing Warriors *Teddy Hawkes, Alex Giles, Evie McGrath, Evie Clark, Eva Dell and Laila Russell* are always there to help you should you need to talk to someone, or to give you their support with your mental health and wellbeing. They will always be able to tell you where to find further help should you need it.

Who can we go to outside of school for support with our mental health and wellbeing?

Parents and family
The school DSL
Compass phoenix
Educational psychology services
Paediatricians
CAMHS (child and adolescent mental health service)
Counselling services





Family support workers

Signature of your Wellbeing Warriors to show that they have read and agreed the policy.

Teddy Hawkes ……

Alex Giles ……

Evie McGrath……

Evie Clark……

Eva Dell……

Laila Russell……

Signed Head teacher – Sally Cowling……

Signed Chair of Governors – Ashlea Costelloe ……

Date: January 2026

To be reviewed: January 2027