



Bizzy Bees Pre-School CIO
Memorial Hall Bedford Road
Wootton
Bedford
MK43 9JB
Tel: 01234 767785
Website: www.bizzybeespreschool.org
Email: hello@bizzybeespreschool.org
Charity Number: 1172751
Ofsted: EY556019

6.9 Mental Health and Well-being Policy (Children)

Policy Statement

“Mental health is a ‘state of well-being’ in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” – The World Health Organisation.

Aim

As a setting, we aim to support and develop positive mental health and well-being for our whole community (children, staff, parents, and carers). We recognise how important positive mental health is to our overall health and well-being. We recognise that children’s mental health is a crucial factor in shaping the learning, development, and achievement of children.

At Bizzy Bees Pre-school, we offer a nurturing and supportive environment that promotes children’s self-esteem and provides a positive experience for overcoming adversity and building resilience. We have a caring ethos, and our approach is respectful and kind, where each child is treated as an individual and valued.

We promote and support the emotional well-being of our children by:

- Helping children understand and express their emotions and feelings,
- Encourage children to share any concerns or worries they have,
- Helping children to form and maintain healthy relationships with their peers,
- To promote children’s self-esteem and ensure they know their opinions and values count,
- Support children to be confident and encourage them to express themselves,
- Support children to develop their emotional resilience and to manage adversity.

Pre-school planning and assessments

Our pedagogy is based on free play, where children are encouraged and given opportunities to build good relationships, develop their communication with their peers, pre-school staff, and promote thinking and problem solving.

The children are assessed of their knowledge and understanding, attitudes and skills regarding their personal, social and emotional development. This assessment informs curriculum planning so that the needs of individual children are met.



Bizzy Bees Pre-School CIO
Memorial Hall Bedford Road
Wootton
Bedford
MK43 9JB

Tel: 01234 767785

Website: www.bizzybeespreschool.org

Email: hello@bizzybeespreschool.org

Charity Number: 1172751

Ofsted: EY556019

Activities are practiced regularly to support children in their emotional development and well-being.

These include:

- Yoga
- Dancing and physical activity
- Mindfulness and meditation
- Being creative through different media
- Story and story sacks
- Worry monster plush
- Open group discussions about how we are feeling children and staff
- Appreciating children's work and achievements
- Discussions and activities to promote the care and respect of living things that encourages an appreciation, awareness, and knowledge of the natural environment.

Parents as partners

Bizzy Bees pre-school offers an open-door policy, which encourages parents and carers to speak to the management team or our Mental Health First Aider for support during difficult times.

Parents and carers are encouraged to work in partnership with Bizzy Bees Pre-School in all aspects of their children's learning and development and this includes that of the personal, social, and emotional development of their child.

Ways we work with parents:

- Parents are informed of the ways in which we encourage independence in the children and to encourage this at home, giving children a sense of responsibility.
- Offer support to parents regarding behaviour management techniques used in the setting so that there is a consistent approach.
- Made aware of the need for rules and boundaries within the setting and understand that all children are encouraged to follow these rules.

Staff responsibilities

As a setting, we believe that all staff have a responsibility to promote positive mental health. We understand that some children will require additional support and that all staff have the skills to look out for early signs of mental health needs.

We recognise that many behaviours and emotional problems can be supported within the setting environment, or with advice from external professionals. Some children will need further additional support at times, and there are a range of mental health professionals



Bizzy Bees Pre-School CIO
Memorial Hall Bedford Road
Wootton
Bedford
MK43 9JB

Tel: 01234 767785

Website: www.bizzybeespreschool.org

Email: hello@bizzybeespreschool.org

Charity Number: 1172751

Ofsted: EY556019

and organisations that provide support to children with mental health needs and their families.

Sources of relevant support:

- Our Management Team
- Our Safeguarding Lead
- Our Mental Health First Aider
- Our SENDCo – who helps staff understand their responsibilities to children with special educational needs and disabilities (SEND), including children whose mental health condition means need a special educational provision.

For general information:

- www.cahms.elft.nhs.uk – self referral for mental health concerns
- www.chums.uk – provides support for mental health and emotional well-being support for children and their families
- www.youngminds.org.uk – champions young people's mental health and well-being
- www.mind.org.uk – advice and support on mental health problems
- www.minded.org.uk – e-learning
- www.time-to-change.org.uk – tackles the stigma of mental health
- www.rethink.org - challenges attitudes towards mental health
- www.crisitexline.uk – provides free, confidential support 24/7 for anyone in a mental health crisis
- www.childline.org.uk – provides a confidential helpline for any child with a problem
- www.themix.org.uk – helps to find young people the best help for any problem