



Darlinghurst Academy Belonging and Children's Mental Health policy



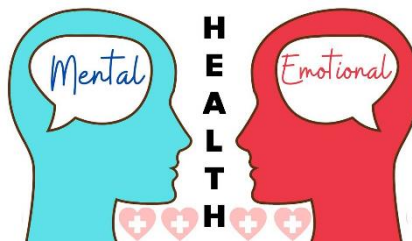
Everyone belongs.

At Darlinghurst we are supported to **GROW**.

We are the stars. We are all unique and special.

Our teachers are like the sun giving us warm guidance.

We are **a healthy school** and that means we think about our:



We have **3** rules to help us: **Ready, Respect and Safe.**

It is important that we feel safe and happy at school!

Teachers help us to learn about our health and well-being, relationships and living in the wider world.

Assemblies, stories and our **SPACE** lessons give us time to think and learn about these areas for our health and happiness.



Successful Learners
Prepared for change
Active citizens
Confident individuals
Effective contributors

We use **colours** to help us talk about our emotions – we know it feels good to feel **green**

Our emotions can change.



Sometimes we have difficult days or face difficult times.

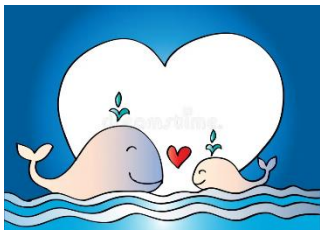
This can affect our health and well-being.



Keep a healthy body and mind. Be well. Take a 'Mindful Minute'



What we can do



When we are **worried about something** we can **talk to a trusted adult** in school. They help us to feel happier and **safe**.

We can talk to our friends and parents too.

Other people can help, such as 

We have **safe spaces** to take some time or to talk, gain support or reset.

The Marina is a special space for us. It is especially designed for 'small boats' - to dock.

We are the small boats!

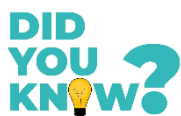
Mrs Wheeler works in the Marina.

She helps us outside at break and lunch too.

Mrs Nicholls, Mrs Hahn or a member of SLT are in the Marina at lunch time to support our feelings and behaviour.



All moorings are secure and provide safety and comfort



We have mental health first aiders:

Mrs Wheeler, Mrs Ricks, Mrs Bush and Mrs Grant

Mrs Grant and Mrs Hahn safeguarding leads

How we can protect our own emotional and mental health

Get enough sleep



Being part of a family that gets along most of the time and being able to manage conflict in a healthy way

Have a balanced diet and exercise



Coming to a school like Darlinghurst that looks after the wellbeing of all their children

Feeling loved, trusted, understood, valued and safe

Being hopeful and optimistic

Be able to learn and succeed



Feeling that we belong (family, school, community)

Being proud of who you are and knowing what you are good at



Feeling we have some control over our life

Having the strength to cope when something is wrong

