Janvrin School

Mental Health Policy

May 2026

Janvrin School Mental Health Policy

At Janvrin School, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We have a supportive and caring ethos, and our approach is respectful and kind, where each individual and contribution is valued.

At Janvrin we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

At our school we:

- help children to understand their emotions and feelings.
- Use the Zones of Regulation to help understand how we are feeling.
- help children feel comfortable sharing any concerns or worries.
- help children socially to form and maintain relationships.
- promote self-esteem and ensure children know that they count.
- help children to develop emotional resilience and to manage setbacks.

We promote a mentally healthy environment through:

- Promoting our school values and encouraging a sense of belonging.
- Promoting pupil voice and opportunities to participate in decision-making.
- Celebrating academic and non-academic achievements.
- Access to appropriate support that meets their needs.
- Offering the staff a place to be heard at the VENT café (run by MH First aiders)
- Offering children time to be heard by Mental Health Ambassadors

We pursue our aims through:

- Universal, whole school approaches
- Support for pupils going through difficulties.
- Specialised, targeted approaches aimed at pupils with more complex or long-term difficulties.

Lead Members of staff

Whilst all staff have a responsibility to promote the mental health of students, staff with a specific, relevant remit include:

- Mental Health Leads.
- Mental health First Aiders.
- Designated Safeguarding Lead and Deputies.

- ELSA (Emotional Literacy Support Assistants).
- Pastoral team.

Teaching about Mental Health

The skills, knowledge and understanding needed by our students to keep themselves mentally healthy and safe are included as part of our PSHE curriculum.
The specific content of lessons will be determined by the needs of the cohort, and we use the PSHE Association Guidance in Years 1-6 and Jigsaw in Foundation Stage to ensure that we teach mental health and emotional wellbeing issues in a safe and sensitive manner.

The use of the Zones of Regulation across the school allows children to connect with their emotions and begin to explore how they can open up conversations about mental health and coping strategies.

Annual Mental Health days promote looking after our mental health and include other professionals who support our school such as MIND Jersey.

Targeted support

The school will offer support through targeted approaches for individual pupils or groups of pupils which may include:

- ELSA support groups and 1:1 session.
- 1:1 sessions with a Wellbeing Practitioner.
- Hub.
- Regular check in sessions with Pastoral team.

Working with Parents

In order to support parents, we will:

- Highlight sources of information and support about mental health and emotional wellbeing on our school website
- Ensure that all parents are aware of who to talk to, and how to get about this, if they have concerns about their child.
- Make our Mental health policy easily accessible to parents.
- Keep parents informed about the mental health topics their children are learning about in PSHE and share ideas for extending and exploring this learning at home.

Working with other agencies and partners

As part of our targeted provision the school will work with other agencies to support children's emotional health and wellbeing including:

- Educational psychology service.
- SEMHIT (Social and Emotional mental health Inclusion Team).
- CAMHS (Child and adolescent mental health service).

- MIND Jersey
- Family Partnership Workers (through the Children and Families Hub)

Educational Psychologists (EPs)
Social, Emotional and Mental Health Inclusion Team
Child and Adolescent Mental Health Service (CAMHS) Jersey
Home - Mind Jersey
Children and Families Hub