

St Elizabeth Catholic Primary School

Wellbeing Policy



The Governing Body of St Elizabeth Catholic Primary School

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| Date of Policy | October 2021 |
| Reviewed | October 2023 |
| Chair/Committee Chair of Governor's signature | |
| Headteacher's signature | |

Mission Statement

Inspiring and achieving lifelong learning in a welcoming Catholic community.

Safeguarding Statement

At St Elizabeth Catholic Primary School, we respect and value all children and are committed to providing a caring, friendly and safe environment for all our pupils so they can learn, in a relaxed and secure atmosphere. We believe every pupil should be able to participate in all school activities in an enjoyable and safe environment and be protected from harm. This is the responsibility of every adult employed by, or invited to deliver services at St Elizabeth Catholic Primary School. We recognise our responsibility to safeguard all who access school and promote the welfare of all our pupils by protecting them from physical, sexual and emotional abuse, neglect and bullying.

Equality statement

As a school we are committed to ensuring that equality principles are embedded within all school policies and procedures, as we endeavour to:

- Eliminate discrimination, harassment and victimisation.
- Promote equality of access and opportunity within our school and within our wider community.
- Promote positive attitudes to difference and good relationships between people with different backgrounds, genders, cultures, faiths, abilities, sexual orientation, and ethnic origins.

School Values

As a Catholic school with a strong Christian ethos we actively support and promote a value-based education. By living out our 4Rs – **Relationships, Resilience, Responsibility** and **Respect**, we encourage the whole school community to:

- Think about and reflect upon positive Christian, British and Universal values
- Experience how living out these values impacts on themselves and others, in school, in the wider community and in the world
- Instil a sense of belonging to the school, the local community, the country they live in and the wider global community
- Inspire individuals to choose their own positive personal social, moral and spiritual values
- Promote an inclusive school ethos and a learning climate that will raise aspirations and achievement
- Raise self-esteem and encourage children to take more responsibility for their own behaviour and learning

British Values

At St Elizabeth, we recognise and promote the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs. Through this provision of SMSC, the school will:

- enable pupils to develop their self-knowledge, self-esteem and self-confidence;
- enable pupils to distinguish right from wrong and to respect the civil and criminal law of England;
- encourage pupils to accept responsibility for their behaviour, show initiative, and to understand how they can contribute positively to the lives of those living and working in the locality of the school and to society more widely;
- enable pupils to acquire a broad general knowledge of and respect for public institutions and services in England; further tolerance and harmony between different cultural traditions by enabling pupils to acquire an appreciation of and respect for their own and other cultures;
- encourage respect for other people; and
- encourage respect for democracy and support for participation in the democratic processes, including respect for the basis on which the law is made and applied in England.

1. Introduction

St Elizabeth Catholic Primary School is responsible for the health, safety and welfare of its employees. We recognise the link between staff wellbeing and the quality of education for pupils and aim to balance the needs of employees and our educational and operational needs. We are committed to fostering a culture of co-operation, trust and mutual respect, where everyone can experience success at work.

We aim to follow our Gospel Values at all times to ensure our employees can feel God's presence in their daily lives.

Our Gospel Values are:

- Faithfulness & Integrity
- Dignity & Compassion
- Humility & Gentleness
- Truth & Justice
- Forgiveness & Mercy
- Purity & Holiness
- Tolerance & Peace
- Service & Sacrifice

The Employee Wellbeing Policy sets out:

- our school's commitment to employee health
- the responsibilities of leaders and others for maintaining psychological health and physical health
- health promotion initiatives
- communication and training on health issues
- the range of support available for the maintenance of mental health
- the school's commitment to handling individual issues

Governors and the school's Senior Leadership Team recognise that work-related stress can have a negative impact on an employee's wellbeing. As such, it needs to be carefully monitored and addressed at an organisational level.

2. Responsibilities

The Governing Body

The Governing Body has a legal duty of care to employees to ensure health at work, as set out in the Health and Safety at Work etc. Act 1974 and the Management of Health and Safety at Work Regulations 1999. The Governing Body will ensure that its policies and practices reflect this duty and review the operation of these documents at regular intervals.

In addition to reducing safety risks, we run our school in a way that minimises harm to employees' mental health. We will ensure that the demands of jobs are reasonable and have procedures in place to support employees experiencing mental ill health at work.

Governors will:

- Take overall responsibility for implementing this policy
- Adopt appropriate policies in respect of 'family friendly' employment, including consideration of flexible working arrangements, part-time working, etc. where this can be implemented without detriment to the quality of education
- Ensure clear procedures are in place that will minimise levels of stress caused to employees when following formal procedures such as the capability, disciplinary or sickness absence management procedures
- Ensure that employees roles and responsibilities are clearly defined
- Put in place measures to prevent and manage risks to employee wellbeing
- Seek to foster a mentally healthy culture, for example by incorporating these principles into training for line managers

The Headteacher

The Headteacher is responsible for the implementation of this policy in the school. The Headteacher will ensure that staff members apply the policy consistently.

The Headteacher will:

- Create reasonable opportunities for employees to discuss concerns in a supportive environment
- Pay attention to any indication of changes in performance or behaviour in employees and promote sympathetic alertness to employees who show signs of being under stress
- Follow agreed procedures when there are concerns or absence due to work related stress or other mental-health problems
- Ensure that contact is maintained with staff while absent and that a return-to-work process is supportive of employees
- Carry out a risk assessment when concerns have been raised
- Consider work-life balance solutions including flexible working practices where possible and appropriate
- Ensure that the right people are recruited to the right jobs and that a good match is obtained between individuals recruited and job requirements
- Make sure jobs are designed fairly and that work is allocated appropriately between teams
- Demonstrate commitment to employees maintaining a good work-life balance and ensure that such practices are communicated to all employees
- Manage pressures which may affect employees, anticipate likely problems and take action to reduce the effects of these pressures where possible

Leaders (line managers)

Leaders will put in place measures to minimise the risks to employee wellbeing. They must familiarise themselves with the Health and Safety Executive's stress management standards, and use these to mitigate psychological risks in their teams. For example, leaders should ensure that employees understand their role within the team and receive the necessary information and support to do their job. Leaders must also familiarise themselves with the organisation's policies on diversity and tackling inappropriate behaviour in order to support employees, for example on bullying and harassment issues.

In particular, Leaders must ensure that they take steps to reduce the risks to employee health and wellbeing by:

- Creating reasonable opportunities for employees to discuss concerns
- Paying attention to any indication of changes in performance or behaviour in employees and promote sympathetic alertness to employees who show signs of being under stress
- Following agreed procedures when there are concerns or absence due to work related stress or other mental-health problems
- Carrying out a risk assessment when concerns have been raised
- Seeking consent from the employee for a referral to see the school's Occupational Health practitioner if this is appropriate in the circumstances
- Attending regular training on health and wellbeing in schools
- Keeping employees in their team up to date with developments at work and how these might affect them
- Ensuring that employees know who to approach with problems concerning their role and how to pursue issues with senior leaders
- Ensuring that work stations are assessed to ensure that they are fit for purpose

Employees

Employees must take responsibility for their own health and wellbeing by adopting good health behaviours, for example in relation to diet, exercise, alcohol consumption and smoking. They must inform the organisation if they believe work or the work environment poses a risk to their health. Any health-related information disclosed by an employee during discussions with leaders or the occupational health practitioner is treated in confidence.

Employees should:

- Seek support when they think they are experiencing a problem at the earliest opportunity to ensure effective strategies can be implemented
- Act in a manner that respects the health and safety needs of themselves or others whilst in the workplace
- Ensure awareness of the school's policies and procedures relevant to employee wellbeing
- Assist in the development of good practice and ensure that they do not, through their actions or omissions, create unnecessary work for themselves or colleagues
- Treat colleagues and all other persons whom they interact with during the course of their work with consideration, respect and dignity

3. Support mechanisms Training and communications

Leaders and employees will regularly discuss individual training needs to ensure that employees have the necessary skills to adapt to ever-changing job demands. An examination of training needs will be particularly important prior to, and during, periods of organisational change.

All employees are aware of the importance of effective communication and to use the media most appropriate to the message, for example team meetings, 1-1 meetings, electronic communications and other school-wide methods.

The Headteacher will ensure that structures exist to give employees regular feedback on their performance, and for them to raise concerns.

Occupational Health Support

Leaders can seek advice from the school's occupational health provider on managing issues regarding work-related stress and wellbeing. The occupational health provider delivers a comprehensive service designed to help employees stay in work, or to return to work, after experiencing mental or physical health problems. This includes medical assessments of individuals' fitness for work following referrals from leaders or the HR manager, liaising with GPs and working with individuals to help them to retain employment.

The occupational health provider can aid in developing rehabilitation plans for employees returning to work after absences related to mental ill health, and work with GPs and leaders on designing jobs and working environments to ensure that rehabilitation is successful.

A referral to the occupational health provider will be made if this is considered appropriate after an employee's initial discussion with their line manager. Discussions between employees and the occupational health practitioner are confidential. The employee will receive a copy of report. The occupational health provider will also provide a report with consent from the employee to the school on the employee's fitness to work and any recommended adaptations to their working environment.

Employee Assistance Programme

The provider of external employee assistance services will alert the organisation's management to clusters or "hotspots" of psychological risk in the organisation, drawing on anonymised data provided by calls to its 24-hour helpline and information from face-to-face counselling with employees.

Counselling

Counselling can be provided where appropriate by the school. This is a confidential, independent service using professionally qualified counsellors. Employees can access the Counselling Service by contacting the School Business Manager.

Mediation

A mediation service can also be supportive in order to assist employees to return to normal working relationships. Where this service is appropriate it will be discussed with the employees affected by the situation.

Other

Other measures available to support employees in maintaining health and wellbeing include:

- Special leave arrangements
- Opportunities for flexible working
- Support for workers with disabilities
- The organisation's grievance policy
- A lifestyle management programme
- A stress management/handling pressure programme
- Procedures for reporting and handling inappropriate behaviour (for example bullying and harassment)

4. Teacher workload

Research by the Department for Education identified three key areas of concern related to excessive teacher workload. These are marking, assessment and related data input and planning including making resources. Our Lady & St Joseph Catholic Primary School addresses these areas of concern in the following ways:

Marking

Marking and feedback in schools happens shoulder-to-shoulder with pupils during lesson time with short annotations in books as a memory aid.

Assessment and data input

Schools use a data tracking tool, Pupilcity, that requires minimum data entry and is a useful gaps analysis and planning aid for teachers.

Planning and creating resources

We have created central electronic storage banks, Google Drive, where planning and resources are stored for other teachers to access and use.

We also recognise that in a school where staff have a strong sense of moral

purpose and enjoy coming to work, their sense of wellbeing is better. As such St Elizabeth Catholic Primary school is very much vision and values driven. Leaders ensure that building positive relationships in their teams is always a priority.

5. Related policies

The school takes its duty of care as an employer very seriously and a number of policies and procedures exist in relation to this duty. The employee wellbeing policy should be read in conjunction with other policies and procedures. These include:

- Staff Sickness and Absence Policy
- Health and safety policy
- Equality Policy
- Flexible working policy
- Grievance procedure
- Appraisal policy and procedures for teachers
- Appraisal policy and procedures for support staff
- Disciplinary policy
- Capability policy
- Staff induction policy
- Pay policy
- Whistleblowing procedure

All policies are published on the school's website. This policy does not form part of any employee's contract of employment.