



Copley Junior School
'Believe, Achieve, Succeed'



Copley Junior School's Child Friendly Policy Emotional Health and Well-Being Policy



Emotional Health + Well Being
Copley Junior School

This policy has been written by the 'Mini Life Coaches'. We want everyone in our school to grow up with the tools and personal development knowledge that will ensure that they have a happy and successful journey through life.

Best Wishes,
The 'Mini Life Coaches'

What is Emotional Health and Well-Being?

We would like you to grow up and be happy in everything that you do! If you take advantage of all the support in school that is available to you, you will live a truly balanced life, and will know how to deal with anxiety and worry. Indeed, in life you will always face fearful and worrying situations but, with our help, you will be able to face these difficult times with a positive mind-set.

How will you be learning about it?

Our unique PSHCE curriculum, which has been written especially for you, has units of study for each year group where you will learn about many things including: emotional wellbeing; making choices and feelings and relationships. During this time, you will be learning all about your emotional health, what we as a school can do to help you to be the happiest you can be, and how to deal with any emotional issues that you may encounter during your life as you grow up.

Don't forget that you will continue to have your weekly 'Personal Development Assembly' and you will develop your learner values and growth mind-set.

What is the 'Mini Life Coach' programme?

A 'Mini Life Coach' is someone who is a caring person who aims to help and empower their peers to make, meet and exceed personal and academic goals - including excelling in classwork, becoming happy and fulfilled in school and at home, exploring the world around you and achieving your ambitions whilst overcoming your personal fears.

A 'Mini Life Coach' is a special kind of person. They are caring and always looking out for other children. They can empathise with others' feelings and always want to help other children to become successful and happy in all that they learn, develop and achieve.

How can you access it?

During the autumn and spring terms, the team run their focussed groups that you will need to sign up for. During the summer term, the mini life coaches will be once again running lots of outdoor activities and drop-in sessions.

Learner Values

All the children in school voted for the seven learner values that we feel are important for the pupils at Copley Junior. We believe that if each child in school works hard on their personal development, then they will have the personal power within themselves to create a great future. Our seven learner values are **self-belief, perseverance, respect, independence, creativity, friendship and team work.**



Every week, a child from each class will be awarded a recognition certificate for their personal development in the learner value of the week. Stickers are awarded when you demonstrate a learner value really well. For every ten learner value stickers collected on your learner value card, you will receive a special award in the learner value assembly.

Child Friendly Policy written by members of the Emotional Health and Well-Being Team: September 2018