



MENTAL HEALTH EDUCATION POLICY

RATIONALE

We recognise that mental health education is core to learners reaching their highest academic, physical and social potential and is an area of learning that sits across the whole of the NZ Curriculum.

We acknowledge that we need to deliver to our learners dedicated and explicit learning about mental health and wellbeing that aligns to our school's context, community and local curriculum.

We recognise the importance of Te Tiriti o Waitangi.

We acknowledge and respect the diversity of communities within our school.

We acknowledge that in designing and delivering mental health education we need to comply with the National Curriculum.

We recognise that the school community ought to be well informed of what is being taught in the area of mental health education and that it is a partner in its development and delivery.

GUIDELINES

We show our commitment to mental health education by:

Tasking the Management Team and Mitey Champions with being responsible for the design, delivery and review of mental health education in our school. Staff and the community will be consulted in the process of development and review.

Ensuring our approach to mental health education acknowledges Te Tiriti o Waitangi and the unique position of Māori and responds to the diversity of communities within our school.

Ensuring our approach to mental health education provides 'barrier free access' for all including Māori and Pacific learners, disabled learners and those with learning support needs

Ensuring that mental health education is a result of planned and assessed learning opportunities across the whole curriculum. This commitment includes ensuring that our annual plans for teaching include the provision of dedicated and significant time for the teaching of mental health education and units of work are developed that are aligned to our annual plans.

Encouraging learners to contribute to the planning, implementation and review of mental health education.

Making evident to learners and whānau both the learning and the progression of learning in mental health education.

Ensuring teachers draw from diverse ways of knowing and world views to support mental health education and they are able to unpack the learning in a way that is responsive and that acknowledges the diversity of cultures, values and beliefs in our school community.

Ensuring teachers are supported with professional learning and development so they can deliver mental health education that supports the wellbeing of both teachers and students.

Continually reviewing the content and delivery of mental health education to ensure it reflects the changing needs of students, the community and their interests and that there is teacher capacity for delivery.

Reviewed: September 2023

Next Review: September 2024