

PANCHSHEEL SCHOOL



School Mental Health & Well-being Policy

"Every Mind Matters • Every Voice Counts • Every Child Belongs"

Vision

At **Panchsheel School**, we are committed to creating a safe, inclusive, and nurturing environment where every student feels valued, respected, and emotionally secure. We believe that good mental health is the foundation for effective learning, positive relationships, resilience, and lifelong success.



Our Commitment

We strive to:

- Promote positive mental health and emotional well-being for all students and staff.
 - Foster a culture of kindness, empathy, respect, and inclusion.
 - Build resilience, confidence, and self-esteem in every learner.
 - Encourage open conversations about emotions and mental health without fear of stigma.
 - Provide timely support to students experiencing emotional or psychological challenges.
 - Work collaboratively with parents, educators, and mental health professionals.
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Objectives

The School Mental Health Policy aims to:

- Develop emotional intelligence and healthy coping skills.
- Promote positive behaviour and respectful relationships.
- Identify students requiring emotional support at an early stage.
- Prevent bullying, discrimination, harassment, and social exclusion.
- Enhance students' academic engagement through emotional well-being.

- Encourage healthy lifestyle habits, including balanced nutrition, physical activity, adequate sleep, and responsible use of technology.
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Our Guiding Principles

Every student has the right to:

- ✓ Feel safe and respected.
 - ✓ Be heard without judgment.
 - ✓ Learn in a supportive and inclusive environment.
 - ✓ Receive help when facing emotional or mental health challenges.
 - ✓ Be treated with dignity, confidentiality, and compassion.
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Creating a Positive School Environment

Panchsheel School will promote mental well-being by:

- Creating welcoming and inclusive classrooms.
 - Encouraging respectful communication.
 - Celebrating diversity and individual strengths.
 - Promoting teamwork, cooperation, and peer support.
 - Providing opportunities for leadership, creativity, sports, and community service.
 - Recognising effort, resilience, and personal growth alongside academic achievement.
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Mental Health Promotion Activities

The school will organise:

- Mental Health Awareness Programmes
- Life Skills Education
- Mindfulness and Relaxation Sessions
- Yoga and Meditation Activities
- Stress Management Workshops
- Peer Support Initiatives
- Anti-Bullying Campaigns

- Happiness and Gratitude Activities
 - Emotional Literacy Sessions
 - Parent Awareness Workshops
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Role of Teachers

Teachers will:

- Build trusting and supportive relationships with students.
 - Observe changes in behaviour, attendance, or academic performance.
 - Encourage respectful classroom interactions.
 - Promote emotional safety.
 - Refer students requiring additional support to the school counsellor or designated authority.
 - Maintain confidentiality while ensuring student safety.
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Role of Parents

Parents are encouraged to:

- Maintain open communication with their children.
 - Support healthy routines at home.
 - Monitor emotional and behavioural changes.
 - Collaborate with the school when concerns arise.
 - Seek professional support whenever required.
 - Encourage balanced use of digital devices.
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Role of Students

Students are expected to:

- Respect themselves and others.
 - Speak up if they feel worried, anxious, or unsafe.
 - Seek help from trusted adults when needed.
 - Support classmates with kindness and empathy.
 - Avoid bullying, discrimination, gossip, or cyberbullying.
 - Practice healthy coping strategies and responsible digital behaviour.
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Bullying Prevention

The school maintains a **zero-tolerance approach** towards:

- Physical bullying
- Verbal bullying
- Emotional bullying
- Social exclusion
- Cyberbullying
- Discrimination in any form

All concerns will be investigated promptly, fairly, and confidentially.



Digital Well-being

Students will be encouraged to:

- Use technology responsibly.
 - Maintain healthy screen-time habits.
 - Protect their privacy online.
 - Report cyberbullying or inappropriate online behaviour.
 - Balance online and offline activities.
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Support Systems

Students may access support through:

- Class Teachers
 - School Counsellor
 - School Wellness Committee
 - Peer Support Programme
 - School Leadership Team
 - External Mental Health Professionals (when required)
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Responding to Mental Health Concerns

When concerns are identified, the school will:

1. Listen with empathy and without judgment.
2. Assess the student's immediate needs.
3. Inform appropriate school authorities.
4. Engage parents or guardians sensitively.
5. Refer to mental health professionals where necessary.
6. Develop an individual support plan.

7. Monitor progress while maintaining confidentiality.

Confidentiality

The school respects students' privacy and confidentiality. Information related to mental health will be shared only with those who need to know in order to provide appropriate care or ensure the safety of the student or others.

Policy Review

This policy will be reviewed annually or whenever required to align with national guidelines, educational practices, and the evolving needs of the school community.

Our Promise

"Mental health is just as important as physical health. Every student deserves to feel safe, heard, valued, and supported. Together, we will create a school where kindness, resilience, and hope inspire every learner to thrive."

Panchsheel School

"Together We Learn • Together We Care • Together We Thrive"