

Mental Health and Wellbeing Policy

St Saviour's C of E Primary School



Last reviewed on:	Summer 2021
Next review due by:	Summer 2022

St. Saviour's biblical vision is Romans 12 vs 2: 'Let God transform you into a new person by changing the way you think.'

At St Saviour's, we believe that all pupils and staff have the right to a supportive, caring and safe environment. Through our Christian Values, our school community offers support and encouragement to those in need

POLICY STATEMENT

At our school, we are committed to supporting the mental health and wellbeing of our students and staff. Our culture is supportive, caring, and respectful. We encourage students to be open and we want each student to have their voice heard. At our school, we know that everyone experiences different life challenges, and that each of us may need help to cope with them sometimes. We understand that anyone and everyone may need additional emotional support. At our school, positive mental health is everybody's responsibility. We all have a role to play.

WHY DO WE NEED A MENTAL HEALTH POLICY?

- Many mental health problems begin at a young age. Young Minds charity report that **one in five young adults**, and **one in ten children**, have a diagnosable mental health disorder. That translates to roughly **three children in every classroom**.
- Mental health issues can affect a student's emotional wellbeing as well as their educational attainment.
- This policy should address mental health and show both children and their parents that the school is committed to their wellbeing. Additionally, it signals to students that the school is understanding of mental health issues and encourages them to come forward with their difficulties.
- A mentally healthy school is one that has a whole-school approach to the topic of mental health and sees the mental health of its students, staff, and parents as everybody's responsibility.

POLICY AIMS

The aim of our policy is to demonstrate our commitment to the mental health of our staff and students. At our school, we will:

- Help children to understand their emotions and experiences better.
- Ensure our students feel comfortable sharing any concerns and worries.
- Help children to form and maintain relationships.
- Encourage children to be confident and help to promote their self-esteem.
- Help children to develop resilience and ways of coping with setbacks.

We will promote a healthy environment by:

- Promoting positive mental health and emotional wellbeing in all students and staff.
- Celebrating both academic and non-academic achievements.

- Promoting our school values and encouraging a sense of belonging and community.
- Providing opportunities to develop a sense of worth and to reflect.
- Promoting our students' voices and giving them the opportunity to participate in decision making.
- Celebrating each student for who they are and making every student feel valued and respected.
- Adopting a whole school approach to mental health and providing support to any student that needs it.
- Raising awareness amongst staff and students about mental health issues and their signs and symptoms.
- Enabling staff to respond to early warning signs of mental-ill health in students.
- Supporting staff who are struggling with their mental health.

KEY STAFF MEMBERS

All staff members have a responsibility to promote the mental health of students and each other. However, certain staff members have a specific role in the process.

These are:

- Our Designated Safeguarding Officers: Miss Emma Cherry, Mrs Julie Tolliday, Mrs Carter
- SENCO: Mr Frank Crawford
- Mental Health First Aiders: Mrs Kerry Bullock

If a member of staff or parent is concerned about the mental health and wellbeing of a student or a member of staff, then in the first instance they should speak to one of the above people. If the person of concern presents a medical emergency then relevant procedures will be followed, including involving the emergency services.

TEACHING ABOUT MENTAL HEALTH

Our PSHE and RSE curriculum is developed to give students the skills, knowledge, and understanding they need to keep themselves physically and mentally healthy. This includes resilience techniques and training. We will regularly review our curriculums and lesson content to ensure that they're meeting the aims outlined in this policy. We'll also implement this into our curriculum at all stages to provide students with strategies to help keep them mentally well.

SUPPORT AT SCHOOL AND IN THE LOCAL COMMUNITY

We have a range of support available in school for any students struggling, as listed below:

What support is available for children at St Saviour's?	What is its aim and purpose?	How can it be accessed?
In school support		
PSHE	These sessions are delivered weekly by the class teacher and for all children. Each week has a key focus based on the PSHE curriculum and the needs of the children.	Speak directly to your child's class teacher to find out more.
Circle of Friends	The 'circle of friends' approach works by mobilising the young person's peers to provide support and engage in problem solving with the person in difficulty.	Speak to your child's class teacher or the SENCO- Mr Crawford
1:1 pastoral support	Children can access weekly 1:1 support sessions from the pastoral team if they require it. This is reviewed every 6 weeks to ensure it is having an impact.	Speak to the SENCO- Mr Crawford
Small group pastoral support	Small group sessions can have up to 6 children per group. These are useful when children are struggling with self esteem or friendship groups.	Speak to the SENCO- Mr Crawford

Lunch time sports and friendship club	These sessions run on Monday - Wednesday each week by an external sports coach. The aim of the sessions is to work on children's ability to communicate with each other and to build confidence in a larger group setting through games and sports	Speak to the SENCO- Mr Crawford
Mental Health First Aid (MHFA)	A trained member of staff who is able to offer support, guidance and strategies to children and staff in regards to mental health conditions.	Speak to Mrs Kerry Bullock - Mental Health First Aider
External support services		
Child and Adolescent Mental Health Services (CAMHS)	The Child and Family Consultation Service (CFCS) are Waltham Forest's area based specialist mental health team providing support to children, young people and their families. Our service is available to families with children & young people from birth to their 18th birthday. Our service offers help to children and young people who are experiencing emotional, behavioural or mental health difficulties.	Waltham Forest CAMHS Child and Family Consultation Service, Wood Street Health Centre, 6 Linford Road Walthamstow E17 3LA Tel: 0300 555 1247 Or speak to the SENCO (Mr Crawford)

Early Help	This is a service which works closely with partners from Health, Social Care and Police to support families; for example with Health visitors in child health clinics.	Please speak to the SENCO- Mr Crawford
Zig Zag- bereavement support	This service offers 1:1 Counseling for children and their families who have had a bereavement.	Please speak to the SENCO- Mr Crawford

IDENTIFYING NEEDS AND WARNING SIGNS

All of our staff will be trained in how to recognise warning signs of common mental health problems and the school will assign a Mental Health First Aider, who has completed training in all areas of Mental Health Needs.

This means that staff will be able to offer help and support to students who need it, when they need it. These warning signs will always be taken seriously and staff who notice any of these signs will communicate their concerns with the Designated Safeguarding Officer as appropriate.

Staff will be able to identify a range of behaviour and physical changes, including:

- Physical signs of harm.
- Changes in eating and sleeping habits.
- Increased isolation from friends and family and becoming socially withdrawn.
- Changes in mood.
- Talking and/or joking about self-harm and/or suicide.
- Feelings of failure, uselessness, and loss of hope.
- Secretive behaviour.
- Clothing unsuitable for the time of year, e.g. a large winter coat in summer.
- Negative behaviour patterns, e.g. disruption.

Staff will also be able to identify a range of issues, including:

- Attendance and absenteeism.

- Punctuality and lateness.
- Changes in educational attainment and attitude towards education.
- Family and relationship problems.

Finally, staff will be well placed to identify any additional needs arising from difficulties that may impact a child's mental health and wellbeing, such as bereavement and health difficulties.

MANAGING DISCLOSURES

If a student or members of staff discloses concerns about themselves or a friend, to any member of staff, then all staff will respond in a calm, supportive, and non-judgemental manner. All disclosures will be recorded confidentially and only shared with the appropriate authorities if necessary to keep the child safe, in line with our Safeguarding Policy. The disclosure record will be written on to CPOMS, our school Safeguarding and Monitoring system, and will include the following information:

- The date of the disclosure.
- The name of the staff member to whom the disclosure was made.
- The nature of the disclosure and the main points from the conversation.
- Agreed next steps.

WHOLE SCHOOL APPROACH

We take a whole school approach towards the mental health of our students. This means working with parents and carers and with other agencies and partners, where necessary.

WORKING WITH PARENTS AND CARERS

We aim to support parents as much as possible. This means keeping them informed about their child and offering our support at all times. To support parents we will:

- Highlight sources of information and support about mental health and emotional wellbeing that we have in our school.
- Share and allow parents to access further support.
- Ensure that parents are aware of who to talk to if they have any concerns about their child.
- Give parents guidance about how they can support their child's/children's positive mental health.
- Ensure this policy is easily accessible to parents.

- Keep parents informed about the mental health training our school staff receive and how mental health is covered in our school curriculum.

WORKING WITH OTHER AGENCIES AND PARTNERS

As part of our whole school approach, we will also work with other agencies to support our students' emotional health and wellbeing. This might include liaising with:

- The school nurse.
- CAMHS.
- Family support workers.
- Behavioural support workers.

STAFF TRAINING

All staff will receive regular training in child mental health so that they can recognise and respond to mental health issues. This will form part of their regular safeguarding training and is a requirement to keep children safe. Training records will be held in staff files. We will post all relevant information, and additional information, on our school website so staff can learn more about child mental health. We will consider additional training opportunities for staff and we will support additional CPD throughout the year where it becomes appropriate due to developing situations with pupils.

POLICY REVIEW

This policy will be reviewed every year. This is so that it remains up to date, useful, and relevant. We will also regularly review it in accordance with local and national policy changes.