

# Mental Health and Wellbeing Policy

## Brixworth CEVC Primary School



Last reviewed on:

November 2023

Next review due by:

November 2024

## **Mental Health and Wellbeing Policy**

Brixworth CEVC Primary is proud to have been awarded Gold Accreditation as a TaMHS school as recognition for excellence in promoting, delivering and embedding interventions for children's mental health. Some of the provisions in place to support emotional health and wellbeing needs can be seen in Appendix A (TaMHS Building blocks).

At Brixworth CEVC Primary School, we are committed to supporting the emotional health and wellbeing of our pupils and staff.

We have a supportive and caring ethos and our approach is respectful and kind, where each individual and contribution is valued. At our school we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support.

We take the view that positive mental health is everybody's business and that we all have a role to play.

At our school we:

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships.
- promote self-esteem and ensure children know that they are all special in their own way
- help children to develop emotional resilience and to manage setbacks.

We promote a mentally healthy environment through:

- Promoting our school values and encouraging a sense of belonging.
- Promoting pupil voice and opportunities to participate in decision-making
- Celebrating academic and non-academic achievements
- Providing opportunities to develop a sense of worth through taking responsibility for themselves and others
- Providing opportunities to reflect.
- Access to appropriate support that meets their needs

We pursue our aims through:

- Universal, whole school approaches
- Support for pupils going through recent difficulties including bereavement.

- Specialised, targeted approaches aimed at pupils with more complex or long term difficulties including those who have experienced trauma and may have attachment difficulties.

This policy should be read in conjunction with our Inclusion Policy and Medical Policy as in some cases pupils mental health needs overlap with these areas of vulnerability.

This policy should also be read in conjunction with policies for Behaviour and Anti-bullying, and PSHE and RSE Policies. It also has links with our Child Protection procedures.

### **Lead Members of Staff:**

Whilst all staff have a responsibility to promote the mental health of Children, staff with a specific, relevant remit include:

- Mr N Tyler – Head Teacher/ Designated deputy Child Protection / safeguarding officer/ Trained Senior Mental Health Lead
- Mrs H Reynolds – Designated deputy Child Protection / safeguarding officer and Deputy Head
- Mrs L Casson - Designated deputy Child Protection / safeguarding officer and Assistant Head
- Mrs S Marsh - Designated child protection / safeguarding officer, Inclusion Manager and Mental Health First Aider/Senior Mental Health Lead
- Miss A Norton - Emotional Literacy Support assistant –ELSA, Pastoral Support Assistant and Mental Health First Aider

### **Teaching about Mental Health**

The skills, knowledge and understanding needed by our children to keep themselves mentally healthy and safe are included as part of our developmental PSHE curriculum. The specific content of lessons will be determined by the needs of the cohort we are teaching but we will also use our PSHE scheme, Kapow, to ensure that we teach mental health and emotional wellbeing issues in a safe and sensitive manner.

### **Targeted support**

The school will offer support through targeted approaches for individual pupils or groups of pupils which may include:

- Circle time approaches or ‘circle of friends’ activities.
- Emotional Literacy interventions
- Managing feelings resources e.g. ‘worry boxes’ and ‘worry eaters’
- Managing emotions resources such as Zones of Regulation
- ELSA support groups
- Meet and greet /Time to talk with key adults
- Therapeutic activities including Drawing and Talking, Lego Therapy and relaxation and mindfulness techniques.
- Nurture Provision
- Targeted support from the Mental Health Support Team (see school website for further information).

The school will make use of resources to assess and track wellbeing as appropriate including:

- Strengths and Difficulties questionnaire

- The Boxall Profile
- Emotional literacy scales
- ELSA questionnaires

### **Signposting**

We will ensure that staff, pupils and parents are aware of what support is available within our school and how to access further support.

### **Identifying needs and Warning Signs**

All staff are aware of some of the indicators that demonstrate a child's emotional health and wellbeing may be at risk which could subsequently mean they will not achieve their potential. These risk factors could include:

- Poor attendance
- Punctuality issues
- Unstable relationships
- Negative approaches to learning
- Physical indicators
- Negative behaviour patterns
- Change in family circumstances
- Recent bereavement
- Health indicators

School staff may also become aware of warning signs which indicate a student is experiencing mental health or emotional wellbeing issues.

These warning signs should always be taken seriously and staff observing any of these warning signs should communicate their concerns with the designated child protection and safeguarding officer or the emotional wellbeing lead as appropriate.

Possible warning signs include:

- Changes in eating / sleeping habits
- Becoming socially withdrawn
- Changes in activity and mood
- Talking or joking about self-harm or suicide
- Expressing feelings of failure, uselessness or loss of hope
- Repeated physical pain or nausea with no evident cause
- An increase in lateness or absenteeism

## **Working with Parents**

In order to support parents we will:

- Highlight sources of information and support about mental health and emotional wellbeing on our school website
- Share and allow parents to access sources of further support e.g. through parent forums or Local Authority support groups.
- Ensure that all parents are aware of who to talk to, and how to get about this, if they have concerns about their child.
- Make our emotional wellbeing and mental health policy easily accessible to parents
- Share ideas about how parents can support positive mental health in their children.
- Keep parents informed about the mental health topics their children are learning about in PSHE and share ideas for extending and exploring this learning at home.

## **Working with other agencies and partners**

As part of our targeted provision the school will work with other agencies to support children's emotional health and wellbeing including:

- The school nurse
- Educational psychology services
- Behaviour support through Maplefields of JoGo Behaviour Support
- Community Paediatrician
- CAMHS (child and adolescent mental health service)
- Counselling services
- Family support workers
- Therapists
- Mental Health Support Team

## **Training**

As a minimum, all staff will receive regular training about recognising and responding to mental health issues as part of their regular child protection training in order to enable them to keep Children safe.

The E Learning portal on the Northamptonshire Children's Safeguarding Partnership (NCSP) provides free online training suitable for staff wishing to know more about a specific issue. Training opportunities for staff who require more in depth knowledge will be considered as part of our performance management process and additional CPD will be supported throughout the year where it becomes appropriate due to developing knowledge and skills to support specific pupils.

## **Appendix B**

Where to get information and support on specific mental health needs

Anxiety UK [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

OCD UK [www.ocduk.org](http://www.ocduk.org)

Depression Alliance [www.depressoinalliance.org](http://www.depressoinalliance.org)

Eating Disorders [www.b-eat.co.uk](http://www.b-eat.co.uk) and [www.inourhands.com](http://www.inourhands.com)

National Self-Harm Network [www.nshn.co.uk](http://www.nshn.co.uk) [www.selfharm.co.uk](http://www.selfharm.co.uk)

Suicidal thoughts Prevention of young suicide UK – PAPYRUS: [www.papyrus-uk.org](http://www.papyrus-uk.org)

**For general information and support**

[www.youngminds.org.uk](http://www.youngminds.org.uk) champions young people's mental health and wellbeing

[www.mind.org.uk](http://www.mind.org.uk) advice and support on mental health problems

[www.minded.org.uk](http://www.minded.org.uk) (e-learning) [www.time-to-change.org.uk](http://www.time-to-change.org.uk)

tackles the stigma of mental health

[www.rethink.org](http://www.rethink.org) challenges attitudes towards mental health