

Hoo St Werburgh Primary School and Marlborough Centre



Mental Health and Well Being Policy

Date of Original Policy: November 2019

Members of Staff Responsible: Mrs Ellie Quare AHT Pastoral

Review Date: November 2021

Signed _____ E Poad Headteacher

Signed _____ D Hopkins Chair of Governors

Policy Statement

At Hoo St Werburgh Primary School and Marlborough, 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
- 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 count
- encourage children to be confident and 'dare to be different'
- 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 support, whole school approaches
- Additional support for pupils going through recent difficulties including bereavement
- Specialised, targeted approaches aimed at pupils with more complex or long term difficulties including attachment disorder who may need specific targeted interventions

Scope

This policy should be read in conjunction with our First Aid policy and our SEND policy in cases where pupils mental health needs overlap with these. This policy should also be read in conjunction with policies for Behaviour and PSHE. It should also sit alongside child protection procedures.

Lead Members of Staff

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

AHT Pastoral/SENDco/DSL	Mrs Ellie Quare
Pastoral Welfare Officer/MHWP Champion	Mrs Diane Haskins
Nurture Intervention Lead/MHWP Champion	Mrs Zoe Jeffries
Place2Be Manager	Mrs Dawn Hamblett

Teaching about Mental Health

The skills, knowledge and understanding needed by our students 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 specific needs of the cohort we are teaching but we will also use the PSHE Association Guidance to ensure that we teach mental health and emotional wellbeing issues in a safe and sensitive manner.

To further promote awareness of Mental Health and Well Being (MHWP) , each year we participate in 'Children's Mental Health Week' in partnership with Place2Be.

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.
- Managing feelings resources e.g. feelings fans
- Managing emotions resources such as 'the incredible 5 point scale'
- Well-being and nurture groups
- Lunchtime support or personal mentors
- Therapeutic activities including drawing, lego and relaxation techniques

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

- Strengths and Difficulties questionnaire
- The Boxall Profile

Place2Be

Place2Be are a children's mental health charity who provide school-based support to improve the confidence and emotional wellbeing of pupils and families. Three days a week, the counsellors work with children one-to-one and in small groups, offering regular timetabled support for those who will benefit most. All pupils can find help with friendship issues and other worries by choosing to visit Place2Talk; short lunchtime sessions open to individuals and to groups.

With consent from parents or carers, Place2Be counselling sessions can be especially helpful when children feel particularly sad, confused, fearful or angry, due to family problems

such as separation or illness, or even death. Children are encouraged to express and think about their worries, through talking, creative work and play. Trained adults called School Project Managers support this process, helping children to find new ways of coping with difficulties so they do not get in the way of friendships or learning.

You are welcome to talk to our Place2Be School Project Manager either face-to-face or via telephone or email. Our School Project Manager is Dawn Hamblett who works in school on Tuesdays, Wednesdays and Thursdays. You can contact her via email on Dawn.Hamblett@place2be.org

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 through the school website and parent workshops.

Identifying needs and Warning Signs

All staff will be given advice and training in identifying a range of possible difficulties including:

- Relationships
- Negative behaviour patterns
- Family circumstances
- Recent bereavement
- Health issues

School staff may 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 may 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/Carers

In order to support parents and carers we will:

- Highlight sources of information and support about mental health and emotional wellbeing on our school website

- Ensure that all parents are aware of who to talk to, and how to get help, 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

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 Bradfields Outreach Team and MCH Parenting Workshops
- NELFT/CAMHS (child and adolescent mental health service)
- Family support workers

Training and CPD

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 students safe.

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 situations with one or more pupils.

Where else can you get help? Useful Links

<https://www.nelft.nhs.uk/services-kent-medway>

NELFT NHS : The Medway Young Persons' Wellbeing Service provides emotional wellbeing and mental health advice and support for young people and their families across Medway.

<https://www.cwmt.org.uk/schools-families-resources>

A great website which gives trust, impartial help to get you through the bad times.

<https://www.nhs.uk/oneyou/every-mind-matters/>

A public health England and NHS site to help people take simple steps to look after their mental health, improve their mental wellbeing and support others.