

Mental Health and Wellbeing Policy

This policy works in conjunction with the Safeguarding Policy, Anti-bullying Policy, Behaviour Blue Print, Attendance and PSHE Policies.



The Federation of Antrobus St Mark's and Great Budworth CE (A) Primary Schools

'Love one another, as I have loved you' John 13:34

Definition of Mental Health and Wellbeing

"Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

(World Health Organisation, 2022)

Mental Health and Wellbeing is not however, just the absence of mental health problems. In order for the community of the school to have a positive mental health and wellbeing, we want all pupils and stakeholders to:

- Feel confident in all that they do
- Be able to express emotions appropriately
- Make and maintain positive relationships with others
- Cope with the stresses of everyday life
- Know how to manage stresses and deal appropriately with change
- Enjoy every day that they come to school

Policy Statement

The Federation of Antrobus St Mark's and Great Budworth CE (A) Primary School, aims to promote positive mental health for every member of our school community (children, staff, parents, carers, visitors and partners). We recognise how important mental health and wellbeing is in our lives, and that it is equally as important as physical health.

Mental health is a critical part of a child's wellbeing, and we recognise that poor mental health can adversely affect a child's learning and progress. Our whole school values are at the root of all we do in school, and we use these positively to promote good mental health and wellbeing for all of our community. In addition to promoting positive mental health, we aim to recognise and respond to mental ill health.

By making our school mentally healthy, we strive to ensure a nurturing, welcoming and supportive environment, where all children can build on their potential, no matter their life experiences. By developing and implementing practical, relevant and effective mental support and strategies we can promote a safe and stable environment for our children: those who are affected both directly, and indirectly by mental ill health. We aim to provide a safe, healthy and fun place for all our community to be. We want to ensure we help the children deal with their own mental health, support others who may be suffering from poor mental health, and understand what they can do in order to have a positive mind-set.

Aims

Our policy aims to set out the school's approach to promoting positive mental health and wellbeing. This policy is intended as guidance for all staff including non-teaching staff and governors. This policy should be read in conjunction with our medical policy in cases where a student's mental health overlaps with or is linked to a medical issue and the SEN policy where a student has an identified special educational need. There may also be links to the Safeguarding Policy, Anti-bullying Policy, Behaviour Blue Print, Attendance and PSHE Policies.

Our policy aims to:

- Promote positive mental health in all members of our school community across the whole school
- Increase understanding and awareness of common mental health issues
- How we prevent mental health problems
- Alert staff to early warning signs of mental ill health
- Provide support to staff working with young people with mental health issues
- Signpost our community to seeking further advice and support
- Provide support to students suffering mental ill health and their peers and parents/carer

Lead Members of Staff

We believe that all staff have a responsibility to promote positive mental health across the school. Within this, all staff should understand about protective and risk factors for mental health. Some children will require additional help and all staff should have the skills to look out for any early warning signs of mental health problems. Looking out for such signs will allow for staff to have early intervention and provide them with the support they need. All staff have a responsibility to promote the mental health of students. Staff with a specific, relevant remit include:

- Miss Perry - Executive - Head Teacher/ Safeguarding lead/ SMHL
- Mrs Rachel Corradine - Head of School/Teacher/Safeguarding Lead/Teacher (GB)
- Mr Mike Hathaway – SENCO (across the federation/Teacher (ASM))
- Mrs Kayleigh Hughes- Teacher and Mental Health lead
- Mrs Kristi Hulley - Teaching Assistant/Emotional Support (GB)
- Miss Cheryl Covill- Teaching Assistant/Emotional Support (ASM)
- Mrs Suzanne King- Family Support Worker across the federation

Teaching about Mental Health (working with the children)

The skills, knowledge and understanding needed by our children to keep themselves and others physically and mentally healthy and safe are included as part of our PSHE curriculum. The specific content of lessons will be determined by the specific needs of the cohort but there will always be an emphasis on enabling children to develop the skills, knowledge, understanding, language and confidence to seek help, as needed, for themselves or others.

We believe that the school has a key role in promoting children's positive mental health and providing them with strategies to prevent a decline in individual mental health throughout their school life. Our creative curriculum allows for children to develop a range of strategies and approaches to support them on their journey through school, whilst maintaining positive mental health.

These activities include:

- Whole school activities
- Themed weeks/days linked to mental health awareness
- Assemblies led by pupils and staff
- Displays in school highlighting support from school and external services
- Displays around school to celebrate our PSHE Curriculum, focussing on Mental Health and Wellbeing.
- Class wellbeing boxes
- Star or values/ethos of the week awards

- Hot Chocolate club
- Emotional Support – one to one (if required)
- Family support worker 1-1 sessions for pupils, parents and staff when identified
- Staff wellbeing charter and wellbeing displays in school
- School of Kindness workshops. Antrobus is a registered kind school after receiving the workshop and signing the pledge.

Working with Parents and Carers

Where it is deemed appropriate to inform parents, we need to be sensitive in our approach. Before disclosing to parents, we should consider the following questions (on a case by case basis):

- Can the meeting happen face to face?
- Where should the meeting happen?
- Who should be present?
- What are the aims of the meeting?

It can be shocking and upsetting for parents to learn that their child may need support and some may respond with anger, fear or upset during the first conversation. We should be accepting of this and give the parent time to reflect. We should always highlight further sources of information and give them leaflets to take away where possible as they will often find it hard to take much in whilst coming to terms with the news being shared. In the same way it is vital that members of staff should consider their approach and the sensitive manner when a parent or carer may share or disclose information or concerns about their child.

If we are aware that parents and carers are suffering with their own mental health needs, the school will ensure that they support the individual and the family in the best way they can. The wellbeing of the school community is important to us, and we will ensure we do our best to support any need.

Training

All staff receive regular training about recognising and responding to mental health issues as part of their annual child protection training, in order to enable them to keep pupils and staff safe. We also have access to a shared online space where research, published documents and information can be accessed by all staff when needed.

-Trauma informed practise- staff CPD inset and training support across the year with access to ongoing courses in a variety of areas (See OWOW website)

-SMHL training using the DFE grant. Miss Perry, Mrs Corradine and Mrs Hughes have all completed or are booked onto this training.

-Suzanne our family support worker has attended courses on EBNSA

General information and support with mental health needs:

Young Minds – www.youngminds.org.uk

Mind – www.mind.org.uk

Time to Change – www.time-to-change.org.uk

Childline – www.childline.org.uk

Place2Be – www.place2be.org.uk

Women’s Aid – www.womensaid.org.uk

CAMHS-CAMHS 0-18 - Cheshire West :: Cheshire and Wirral Partnership NHS Foundation Trust
(cwp.nhs.uk)

Cheshire West and Chester Council-[Guidance on supporting children and young people’s mental health and wellbeing | Live Well Cheshire West \(cheshirewestandchester.gov.uk\)](http://www.cheshirewestandchester.gov.uk)

For support on specific needs:

Anxiety UK – www.anxietyuk.org.uk

OCD UK – www.ocduk.org

Depression – www.depressionalliance.org

Eating Disorders – www.inourhands.com

Self-Harm – www.selfharm.co.uk

Suicide – www.papyrus-uk.org

Child Bereavement UK – www.childbereavementuk.org.uk

More services for mental health needs can be found in the final pages of this document:

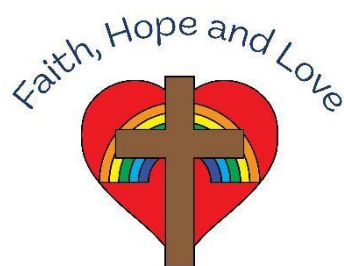
<https://www.gov.uk/government/publications/mental-health-and-behaviour-in-schools--2>

Signed:..... Chairman of Curriculum Committee

Signed:..... Executive Headteacher

Date: September 2024

Review Date: Every 3 years



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John 13:34

