
	<h1>Mental Health and Emotional Wellbeing Policy</h1>	
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<b>Reviewed</b>		
<b>Subject Leader</b>	Sarah Mallison	
<b>Intent in Mental Health and Emotional Wellbeing</b>		
<p>At our schools, we are committed to promoting positive mental health and emotional wellbeing to all students, their families and members of staff and governors. Our supportive and caring ethos and investment in the school values, allows pupils’ voices to be heard, and through the effective policies and procedures we ensure a safe and supportive environment for all affected, both directly and indirectly, by mental health issues.</p>		
<p>As a school we aim to:</p> <ul style="list-style-type: none"><li>• Promote positive mental health and emotional wellbeing in all staff and pupils.</li><li>• Enable staff to identify and respond to early warning signs of mental ill health in pupils; including where to signpost them and their parents/carers for specific support.</li><li>• Enable staff to understand how and when to access support when working with young people with mental health issues.</li><li>• Develop resilience amongst pupils and raise awareness of resilience building techniques.</li></ul>		
<p>This policy should be read in conjunction with:</p> <ul style="list-style-type: none"><li>➤ PSHE Policy</li><li>➤ Staff Wellbeing Charter</li><li>➤ SEND Policy</li><li>➤ Good Behaviour Policy</li><li>➤ Child Protection and Safeguarding Policy</li><li>➤ Low Level Concerns Policy</li></ul>		

### **Role of the Mental Health and Wellbeing Team Leaders**

We believe that all staff have a responsibility to promote positive mental health, and to have the skills to look out for early warning signs of problems to ensure children with mental health needs receive early intervention and the support they need.

In our schools we have a pastoral team of key members of staff who have specific roles and responsibilities in supporting staff and children with their mental health and wellbeing.

These members of staff are:

- Designated Safeguarding Lead
- Mental Health and Wellbeing Lead
- SENDCo
- PSHE Co-ordinator
- ELSA (Emotional Literacy Support Assistants)

If a member of staff is concerned about the mental health or wellbeing of a pupil, in the first instance they should speak to either the designated safeguarding lead or the SENDCo. If there is a concern that the pupil is high risk or in danger of immediate harm, the child protection procedures will be followed.

### **Role of the Governing Body**

The governing body should, in cooperation with the Head teacher, determine the school's general policy and approach to the mental health and wellbeing at school.

### **Implementation – Teaching about Mental Health**

The skills, knowledge and understanding our pupils need to keep themselves, and others, physically and mentally healthy and safe are included as part of the PSHE curriculum and our designated 'Wellbeing Week' in the Autumn term.

We follow guidance issued by the PSHE Association and the JIGSAW programme to teach the curriculum in a safe and sensitive manner. Alongside the structured lessons weekly circle time is used to support specific needs of the children in each cohort.

We use our democratically elected pupil council as a route to monitoring how mental health aware we are through the eyes of the children. The elected members hold a class council every month and discuss the positives, concerns and ways forward regarding many aspects of their school life. They then attend a full pupil council meeting with the head teacher to present their ideas for further discussion. These meetings allow the children to take a lead in developing improvements, and making a change for their peers, based on possible challenges the children may be feeling at the time.

### **Targeted Intervention**

The schools will offer targeted approaches for individual or groups of pupils. These approaches may include:

- 'Circle of friends' small group intervention.
- ELSA intervention.
- Therapeutic activities including art, Lego, relaxation and mindfulness techniques.
- Transition programmes.

As a school we will make use of resources to assess and track wellbeing as appropriate including:

- Strengths and Difficulties Questionnaire (SDQ)
- The Boxall Profile
- Social and Emotional Competencies Framework

### **Working with external agencies**

As part of our targeted provision the school will work with external agencies to support children's emotional health and wellbeing. These include:

- The School Nursing Team
- Educational Psychology Team
- East Riding Behaviour Support Team
- CAMHS (Child and Adolescent Mental Health Service)
- Neurodiversity Team
- Youth and Family Support Team
- Early Help Service and Children's Centres

- Private Therapists
- Utilise the East Riding Local Offer

### **Identifying needs and Warning signs**

We aim to identify pupils with mental health needs as early as possible to ensure support and intervention is implemented. Our nurturing classroom teams pride themselves on knowing their children and recognising changes in behaviour, mood, appearance and approach to learning. These warning signs are always taken seriously and concerns are communicated with the SENDCo, Designated Safeguarding Lead or the Headteacher. These concerns are also recorded following the school's child protection procedures on CPOMS.

School attendance is also carefully monitored in school to ensure patterns in behaviour do not begin to appear.

### **Working with Parents/Carers**

We recognise the important role parents and carers have in promoting and supporting the mental health and wellbeing of their children, and in particular supporting children who do have mental health needs. We offer support to parents in a sensitive and supporting manner valuing their knowledge of their child.

In order to support parents, we will:

- Highlight sources of information and support about mental health and emotional wellbeing on our website.
- Ensure all parents are aware of who to talk to if they have a concern about their child.
- Share ideas about how parents can support positive mental health in their children.
- Share the content of the PSHE curriculum within the policy accessible via the school website.
- Seek advice from the Local Authority to support parents to access appropriate services.

### **Support and Training Staff**

We ensure all staff are confident in their knowledge of mental health and wellbeing through regular whole school staff training led by The Mental Health Team. These

training sessions aim to promote learning or understanding about specific issues related to mental health where need becomes evident.

As a school we have a Mental Health and Wellbeing development plan incorporating the 8 areas depicted by Public Health England and this forms part of the annual school improvement plan.

Our Mental Health Lead is a qualified 'Mental Health First Aider' and has also completed the Senior Mental Health Leadership qualification.

We have in house training available via the Mental Health Support Team (MHST).