

Mental Health & Wellbeing Policy



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Created by	Harry Portrey
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RATIONALE

At Delapre Primary School we recognise that good mental health is as important as good physical health. Our pupils are taught self-care techniques, including recognising and managing emotions, exercise, relaxation and how to build relationships through a rich and varied curriculum. We teach our children how they can help others with their mental health in age appropriate ways.

PRINCIPLES

We use the DfE's guidance, [*Mental Health and Behaviour in Schools*](#), as a guide and work to the their ideals:

1. **Prevention:** creating a safe and calm environment where mental health problems are less likely, improving the mental health and well being of the whole school population, and equipping pupils to be resilient so that they can manage the normal stress of life effectively. This will include teaching pupils about mental well being through the curriculum and reinforcing this teaching through school activities and ethos.
2. **Identification:** recognising emerging issues as early and accurately as possible.
3. **Early support:** helping pupils to access evidence based early support and interventions.
4. **Access to specialist support:** working effectively with external agencies to provide swift access or referrals to specialist support and treatment.

All staff are currently undergoing training through Creative Education. Our Mental Health Lead and Deputy Headteacher has specialist training.

TEACHING ABOUT MENTAL HEALTH

At Delapre we take a whole school approach to promoting positive mental health, aiming to help children become more resilient, happy and successful and to work in a pro-active way to avoid problems arising. We do this by:

- Creating and applying consistent ethos, policies and behaviours that support mental health and well-being.
- Adhering to a positive, restorative approach to behaviour management.
- Helping children socially to form and maintain relationships
- Helping children to feel comfortable about sharing any concerns or worries
- Teaching children emotional skills and an awareness of mental health so that they understand their emotions and feelings better
- Promoting self-esteem and ensuring children understand their importance in the world
- Helping children to be resilient learners and to manage setbacks
- Identifying children who have mental health challenges and planning support to meet their needs, including working with specialist services, parents and carers
- Supporting and training staff to develop their skills and their own resilience.
- Developing an open culture where it's normal to talk about mental health.

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.
- Enabling access to appropriate support.

- Mental Health and PSHE for all year groups
- Children's Mental Health week

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
- Nurture groups to support with mental health, resilience, and wellbeing.

STAFF ROLES AND RESPONSIBILITIES, INCLUDING THOSE WITH SPECIFIC RESPONSIBILITY

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

Key staff supporting Mental Health at Delapre Primary School

Named Mental Health Lead - Sallyann Furniss

Deputy Mental Health Lead – Denise Leivers

Named Mental Health Governor – Nicola Sayers

The above team of people are also supported by the following members of staff –

SENDCo – Wendy Simpson

PSHE Lead – Rachel Gompertz

Pastoral Support – Mia Hemmings

KS2 HLTA - Alison Feetham

Our Mental Health Leads:

- Lead and work with all staff to co-ordinate whole school activities to promote positive mental health and wellbeing.
- Work with the PSHE leader re: teaching about mental health.
- Provide advice and support to staff and organises training and updates.
- Liaise with mental health services and makes individual referrals to them.

TEACHING ABOUT MENTAL HEALTH

The skills, knowledge and understanding needed by our pupils to keep themselves mentally healthy and safe are included as part of our developmental PSHE curriculum.

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.

- Targeted use of PSHE resources.
- Managing feelings resources e.g., 'worry monsters'.
- Managing emotions resources (emotion wheel in all classrooms).
- Primary Group Work/Mental health and wellbeing groups/Nurture groups/Social club support groups.
- Therapeutic activities including Drawing & Talking, Lego

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

- Strengths and Difficulties questionnaire
- The Boxall Profile

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. Information is also available on our school website.

EARLY IDENTIFICATION AND WARNING SIGNS

All staff will be vigilant in identifying a range of possible difficulties that may be contributing to a pupil's poor mental health, including:

- Attendance
- Punctuality
- Relationships
- Approach to learning
- Physical indicators
- Negative behaviour patterns
- Family circumstance
- Recent bereavement
- Health indicators

School staff may also become aware of warning signs which indicate a pupil 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 mental health lead as appropriate, and report on My Concern.

Possible warning signs include:

- Changes in eating/sleeping habits
- Becoming socially withdrawn
- Changes in activity and mood
- Talking 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

ASSESSMENT, INTERVENTIONS AND SUPPORT

All concerns are reported to the designated adults within school and needs are assessed to ensure the child gets the support they need, either from within the school or from an external specialist service, as quickly as possible.

WORKING WITH PARENTS AND CARERS

Parents or carers can approach their child/children's class teacher if they have mental health concerns. This will be cascaded to the Mental Health Lead for assessment.

To support parents and carers we will:

- Provide information online on mental health issues and local wellbeing and parenting programmes.
- Share ideas about how parents and carers can support positive mental health in their children.
- Make our Mental Health & Wellbeing policy easily accessible to parents.
- Keep parents informed about the mental health topics taught in PSHE and share ideas for extending and exploring this at home. Information can be found in our Curriculum Newsletter.

When a concern has been raised about a child's mental health or wellbeing:

- Contact parents (Although there may be cases where parents and carers cannot be involved due to child protection issues.)
- Discuss any relevant referrals to external agencies.
- Signpost parents to further information or provide resources to take away.
- Create a chronology of actions and events (My Concern).
- Discuss how parents can support their child through strategies or signposts to parenting support groups.

WORKING WITH SPECIALIST SERVICES

As part of our targeted provision, the school will work with other agencies to support children's emotional health and wellbeing. Children may be referred to one of the following services for additional support.

- Educational Psychology Services
- CAMHS (child and adolescent mental health service)
- School Nursing Service
- GP
- Children's and Family Services
- SEMH Panel
- Counselling Services

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 pupils safe. The Creative Education portal provides staff with access to mental health training.

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.

LINKS TO OTHER POLICIES

This policy links to our Child Protection Policy, Anti Bullying, SEND Offer, and our Behaviour Policy.

MONITORING AND EVALUATION

The Mental Health and Wellbeing Policy will be published on the school website - hard copies are available on request. The policy will be reviewed every three years.



‘PURPOSE WITH CARE’