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Mental Health and Emotional Wellbeing Policy

Weston St Mary CE Primary School

Policy Review Date	Reviewed By	Amendments Made
March 2025	AC	Staff name changes
16.03.2023	Mental Health Lead	Name changes, addition of support and approaches.
25.11.2022	AC	No amendments
21.09.2020	GB	New policy

I can do all things through him who strengthens me ~ Philippians 4:13

Introduction

Inspired by the parable of the Good Samaritan, in which the Samaritan helps the Jewish traveller despite the differences between their people, we believe that we are all the children of God and that each member of our community deserves equality of opportunity and achievement.

This policy was written in consultation with staff, pupils, parents and professionals involved in mental health and wellbeing.

Policy Statement

At Weston St Mary CofE Primary School, we are committed to supporting the emotional health and wellbeing of all 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 and friendships
- Promote self-esteem and ensure children know that they count
- Encourage children to be confident and flourish as their own individual
- Help children to develop emotional resilience and to manage any setbacks they may encounter

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 when required

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

Scope

This policy should be read in conjunction with our Medical policies and our SEND policy in any cases where pupils mental health needs overlap with these. This policy should also be read in conjunction with policies for Behaviour and Anti-bullying, and PSHE policies. 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:

- Miss A Muir- Designated Safeguarding Lead
- Mrs K Chevli – Deputy Designated Safeguarding Lead
- Mrs Z Halden – Deputy Designated Safeguarding Lead and Mental Health and Emotional wellbeing lead

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 – JIGSAW.
The content of lessons can also be determined by the specific needs of the cohort we are teaching but we will 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.
- Managing feelings resources e.g. 'worry boxes' and 'worry monsters'
- Managing emotions resources such as 'the incredible 5 point scale'
- Drawing and Talking sessions
- Therapeutic activities including art, Lego and relaxation and mindfulness techniques

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

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. You can also find out what is on offer within Lincolnshire by having a look at https://haylincolnshire.co.uk/support/

Identifying needs and Warning Signs

All staff will regularly review wellbeing indicators on their pupils aimed at identifying a range of possible difficulties including:

- Attendance

- Punctuality
- Relationships
- Approach to learning
- Physical indicators
- Negative behaviour patterns
- 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
- 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:

- Educational psychology services
- Behaviour support through BOSS
- Paediatricians
- CAMHS (child and adolescent mental health service)

- Counselling services
- Family support workers/Early Help practitioners
- Therapists
- Healthy Minds
- PRT/EBSA

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 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.