

Old Dalby Church of England Primary School



Mental Health and Emotional Wellbeing Policy

Let us be concerned for one another, to help one another to show love and to do good.

Hebrews 10:24

This policy works alongside our Equal Opportunity, SEND, Spiritual, Moral, Social and Cultural Development and Health and Relationship Policy for every child in every learning situation

Reviewed	September 2024
To be Reviewed	September 2025

**Kind hearts. Open Minds. Courageous Spirits
Together, we will explore life in all its fullness.**

Policy Statement

At Old Dalby C of E Primary School, we are committed to enriching the quality of life for our pupils, staff and parents by supporting their emotional health and wellbeing.

The World Health Organisation 2014 defines mental health 'as 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 his or her community.'

Our aim is for everyone within our school community to flourish and live a full and happy life, free from the mental strains of the world around them. We provide a safe and welcoming environment valuing and respecting all members of our school community.

Our school vision statement and Christian Values educate our children to be accepting, thoughtful and courageous. They promote kindness and love and help our pupils understand, accept and celebrate diversity. We encourage our pupils to have a voice by recognising injustices and speaking up for themselves when they see them. We aspire to create positive mental attitudes by promoting self-respect, celebrating differences and developing a robust sense of belonging.

Our vision *statement*,
kind hearts, open minds, courageous spirits,
Together, we will explore life in all its fullness.

We recognise the relationship between positive mental health and wellbeing, physical activity and academic achievement. Therefore, this policy should be read in conjunction with our medical policy, SEND policy, Physical Education policy, Anti-bullying policy, PSHE policy, SMSC policy, Collective Worship policy and Curriculum policy. It will also sit alongside child protection procedures.

Rationale

Our stakeholders identified the most important aspects of life at Old Dalby as follows;

- Development of social skills
- Acceptance of others
- Building self confidence
- Building independence
- Building perseverance and resilience
- Developing logical thinking skills

They value the following attributes in themselves and others; honesty, kindness, confidence, empathy, motivation, resilience, acceptance, respect, generosity, perseverance, courage and teamwork.

The opinions of our stakeholders strongly reflect the Church of England's vision for Education highlighting the desire for the pupils to experience 'life in all its fullness' (John 10:10). The church's statement that education in a Church school is about 'educating the whole person' the development of both physical and intellectual attributes uniting with spiritual, moral, social and cultural development.

We ensure high levels of commitment to our school vision and policies by embedding our whole school culture with all stakeholders. Our Christian values, the development of our character muscles (Routes to Resilience) and our values skills ladders (see appendix a) are built into our curriculum thus supporting learners to develop qualities promoting positive mental health and wellbeing.

Identifying needs and warning signs

We are aware that everyone experiences life challenges that can lead us to be vulnerable and in need of additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play. Positive relationships with parents and carers are paramount in securing the best possible outcome for pupils.

All staff should be alert to any changes which may manifest in one or more of the following ways;

- Poor attendance, not wanting to come to school or to leave parent/carer
- Negative behaviour patterns
- Changes in eating/ sleeping habits
- Becoming socially withdrawn
- Negative approach to Learning
- Changes in mood
- Feelings of failure, uselessness or loss of hope

It is important that staff are alerted to any changes in family circumstances which will be treated with confidentiality and respect for the parents' wishes.

Our aim is to catch mental health and wellbeing issues early so that the correct support can be sought before the problem escalates. Any member of staff who is concerned about the mental health or wellbeing of a child should speak to the SENDCO /Mental Health Lead/Headteacher, in the first instance.

If there is a fear that a child is in danger of immediate harm the normal safeguarding procedures will be followed with an immediate referral to the designated safeguarding lead. If the child presents a medical emergency then the normal procedures for medical emergencies should be followed, including alerting first aid staff and contacting the emergency services if necessary.

Training

As a minimum, all staff will receive training about recognising and responding to mental health issues as part of their regular child protection training enabling them to keep pupils safe.

The MindEd learning portal provides free online training suitable for staff wishing to now more about a specific issue.

Our staff have completed courses and training in the following areas;

- Bereavement and Loss
- Mental Health First Aider

- Mental Health Champion
- Attachment
- Mental Health in the Early Years
- 5 ways to wellbeing
- Understanding Borderline Personality Disorder
- Drawing and Talking
- Lego Therapy
- Yoga

We have a qualified ELSA and a Play Therapist available to support individual pupils.

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.

Working with outside agencies

As part of our targeted provision the school will work with other agencies to support the wellbeing and emotional health of adults and pupils.

- The School Nurse
- Educational psychology services
- Behaviour support through Oakfield pupil referral unit
- Paediatricians
- CAHMS (child and adolescent mental health service)
- Counselling services
- Family support workers
- Therapists

Lead Members of Staff

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

- Mrs Browne – Headteacher and Designated Safeguarding Lead
- Mrs Keast - Deputy Head and Deputy Safeguarding Lead
- Mrs Horan – SENDCo and Deputy Safeguarding Lead
- Mrs Megan Alderson – Deputy Safeguarding Lead
- Miss Lucy Golland – Mental Health and Emotional wellbeing Lead
- Mrs Fowkes – Mental health and wellbeing governor
- Mrs Bryan – Emotional Literacy Support Assistant ELSA

Pupil Targeted Support

We take an inclusive approach in promoting mental health and wellbeing throughout the school day by incorporating brain breaks, partaking in the daily mile, encouraging pupils to be more active and to eat healthily, practicing mindfulness and teaching pupils how to form positive and healthy relationships. Pupils engage in Forest School throughout the year and all pupils will take part in PSCH lessons, Mental Health Awareness Week and team building activities.

The voice of the pupil, parent and school will be sought before any support is arranged. The school may carry out a Boxhall Profile in order to target support and if deemed necessary pupils may be referred to an outside agency.

The school will offer support through targeted approaches for pupils or groups of pupils which may include but are not limited to:

- Circle time groups and activities
- Drawing and Talking therapy
- Lego Therapy
- Play Therapy
- ELSA support
- Yoga
- 1:1 coaching and support
- Social Communication group
- Worry Monsters
- Books supporting mental health and wellbeing
- Teaching mindfulness techniques

Support for Staff and Parents

We aim to provide a positive working environment where all members of the school community are respected, feel safe and have a sense of belonging. We promote wellbeing by;

- Encouraging members of staff and parents to partake in physical activities and social events outside of school.
- Continually devising ways to improve the school environment
- Displaying positive quotes
- Keeping work stations clean and tidy and ensuring the staffroom is welcoming for all members of staff
- Displaying leaflets offering advice about mental health and wellbeing in our reception area.
- Sharing ideas about how parents can support positive mental health in their children
- Ensuring pupils, staff and parents are aware of who to talk to, and how to go about this if they have concern about their child, a colleague or themselves
- Highlighting sources of information and support about mental health and emotional wellbeing on our school website
- Making our emotional wellbeing and mental health policy accessible to parents

If you require more information about mental health and wellbeing please visit the websites below:

<http://www.samaritans.org/>

<https://www.childline.org.uk>

<https://youngminds.org.uk>

<https://www.place2be.org.uk/>

<https://www.actionforhappiness.org/>