

THE LEYS PRIMARY & NURSERY SCHOOL

MENTAL HEALTH & EMOTIONAL WELLBEING POLICY

Policy statement

At The Leys Primary School we are committed to supporting the emotional health & wellbeing of all members of the school community.

We strive to maintain a supportive & caring culture & ethos. Our approach is one of respect & kindness where each individual is valued & listened to.

We acknowledge & appreciate that everyone experiences challenges in life & this can make us vulnerable at times & anyone may need additional emotional support.

Positive mental health is everybody's business & we all have a role to play in ensuring a safe & supported environment for those in need of extra support.

Scope

This policy should be read in conjunction with other relevant school policies particularly but not exclusively the following

- Child Protection policy
- Pupil Wellbeing & Behaviour for learning
- Self-harm policy
- Access & Equalities policy
- Anti-bullying policy
- PSHE policy
- Medical policies
- SEND local offer document

Lead Staff

Whilst all staff are responsible for promoting positive mental health, staff with a specific remit include:-

- Leigh Humphries - Headteacher - Designated safeguarding lead
- Davinder Khangura - Deputy Headteacher- Designated safeguarding lead - Designated Teacher for Children Looked After
- Alison Barr - Assistant Headteacher - SEND lead - Mental Health & Emotional Wellbeing Lead
- Sally Clibbon - Family Worker - Designated safeguarding lead - Mental Health & Emotional Wellbeing lead
- Vacancy - Mental Health Governor

Aims

- Help pupils to understand their emotions & feelings more clearly
- Help pupils to feel comfortable sharing worries/concerns
- Help pupils to form & maintain relationships
- Promote self-esteem & ensure pupils know they count
- Encourage pupils to be confident & able to be different
- Help pupils to develop emotional resilience & manage setbacks

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- To support parents and staff with advice, training and information regarding accessing additional help

We aim to promote a mentally healthy environment by

- Encouraging a sense of belonging
- Promoting pupil voice & opportunities to participate in decision making
- Celebrating all achievements - academic & non-academic
- Providing the opportunity to take responsibility to promote self-worth
- Encouraging time to reflect
- Accessing appropriate support for specific needs

These aims are pursued through

- Universal, whole-school approaches
- Support for pupils going through recent difficulties
- Specialised, targeted approaches for pupils with more complex or longer-term difficulties

Teaching about positive mental health

Understanding and knowledge needed by pupils to keep themselves mentally healthy are included in our PSHE curriculum.

Specific content of lessons are determined by the identified needs of the cohort. Mental Health and emotional wellbeing issues will be taught in a safe and sensitive manner.

Targeted support

At The Leys we will offer support and targeted approaches for both individuals and groups of pupils - this may include the use of the following

- circle time approaches or 'circle of friends'
- managing feelings resources (worry boxes)
- managing emotions resources such as 'zones of regulation'
- specialised therapeutic activities - art, counselling & play therapy.

School will make use of resources available to assess and track wellbeing as and when appropriate

- strengths and difficulties questionnaire
- Boxall profile
- emotional literacy scales (i.e. Scott-Miller outcome scales)

Identifying needs

There are 2x weekly meetings held to discuss identified vulnerable pupils

School staff who become aware of warning signs about the mental health of a pupil will discuss their concerns with either a Designated Safeguarding Lead and/or Mental Health Lead as appropriate.

Possible warning signs could include

- reported changes in eating/sleeping habits

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- social withdrawal
- sudden changes in mood
- talk about self-harm or suicide
- speaking about the loss of hope, failure or uselessness
- reporting physical pain or nausea with no obvious cause
- deterioration in attendance or punctuality

Confidentiality

It may be necessary to share concerns about a pupil with members of staff outside the Mental Health team. This will be handled in a sensitive way and wherever possible consent from the pupil will be obtained. The privacy of a pupil and their family should be respected as far as possible but Child Protection procedure should be considered paramount and may override this.

Signposting & working with parents

We aim to work alongside parents to support a pupil with Mental Health issues and in order to facilitate this we will;

- share information about mental health topics being covered in lessons
- promote ideas about how parents can support positive mental health
- ensure parents are aware of who to talk to if they have concerns
- highlight sources of information and support which are available for parents to access

The Leys School employ a Family Liaison Worker to support and advise families and to signpost them to further help and support if necessary.

Working with other agencies

As part of The Leys mental health provision, the school will work with other agencies and partners to support pupil wellbeing and emotional health. These can include

- school nursing service and health visitors
- educational psychology services
- behaviour support - tiered service through DSPL2, PSB & NESSIE
- paediatricians
- Child and Adolescent Mental Health Service
- specialist therapies which could include counselling, play therapy or art therapy
- Intensive Families First Support Team
- domestic abuse support agencies
- Young Carers support
- Family Centres

Training & Development

Staff identified in the Mental Health Lead role will have been trained to either Level 2 Mental Health Leads training or the nationally accredited Mental Health First Aid training.

All staff in school to be trained to a minimum of 'Step On' level within the Herts Steps programme.

Staff are signposted to the MindEd learning portal - this provides free on-line training for staff around specifically identified issues.

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Training opportunities will be made available as part of performance management reviews, where appropriate, and additional CPD supported when identified.

Policy review and updates

The policy will be reviewed biannually in conjunction with an update of the Mental Health & Wellbeing audit. This will inform and update the Mental Health action plan for the following 2 year period.