

Tanfield Lea Community Primary School

Mental Health and Emotional Wellbeing Policy



Opening Doors, Enriching Lives



Date: March 2022

Approved by governors:

Due for review: March 2023

Policy Statement

At Tanfield Lea Community Primary School, we are committed to supporting the emotional health and wellbeing 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 and anyone may need additional emotional support. We take the view that mental health and wellbeing is everybody's business and that we all have a role to play.

At our school we aim:

- To provide the highest possible standard of education through a broad, balanced and enjoyable curriculum appropriate to each individual.
- To give the opportunity to develop the skills required to live and work together and to co-operate with each other.
- To promote and encourage a healthy lifestyle, both physically and mentally, enabling individuals to make informed choices.
- To develop an empathy with people around us; with the world in which we live and an understanding and respect of individuals, groups and nations.
To encourage a sense of right and wrong and be self disciplined.
- To provide a stimulating surrounding which is valued.
- To foster a caring attitude towards others and our environment.

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;
- an extensive and diverse extra-curricular offer;
- 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;
- modelling care of adults' wellbeing too

We pursue our aims through:

- universal, whole school approaches;
- support for pupils going through recent difficulties including bereavement
- high quality training for staff such as Youth Mental Health First Aid and Relax Kids coaching;
- excellent working relationships with our families, community and external agencies;
- specialised, targeted approaches aimed at pupils with more complex or long term difficulties including attachment disorder

Scope

This policy should be read in conjunction with our Medical policy and our SEND policy in 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 and SMSC policies. It should also sit alongside child protection procedures and Keeping Children Safe in Education.

Lead Members of Staff

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

- Mr P Mansfield- Designated Safeguarding Lead /Mental Wellbeing Lead / YMHFA qualified and Relax Kids Coach.
- Miss K Hemmings – Designated Safeguarding Lead
- Mr M Temple – Designated Safeguarding Lead
- Mrs C Marley- Mental Wellbeing and PSHE Lead.
- Mrs T Davis- SENDCO

Teaching about Mental Health

The skills, knowledge and understanding needed by our students to keep themselves mentally healthy and safe are an integral part of our curriculum provision.

Awareness of, Mental Wellbeing is taught through Personal, Social, Health and Economic (PSHE). It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work. Regardless of children's different starting points, they will learn strategies to help them manage emotional issues and know how to keep themselves healthy both physically and mentally. By raising awareness of mental wellbeing, it is hoped that the any stigma or discrimination is challenged.

Targeted support

The school will offer support through targeted approaches for individual pupils or groups of pupils which may include:

- Anti-bullying champions;
- targeted use of PSHE resources;
- managing feelings resources e.g. 'worry boxes'
- school council
- relationship support tasks;
- therapeutic activities including art, Lego Therapy, Relax Kids and mindfulness techniques.

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. Around the school, there are notice boards which signpost to helpful websites as well as strategies that can help support mental wellbeing.

Identifying needs and warning signs

All staff at Tanfield Lea Primary School will receive training on pupil mental wellbeing on induction and through regular refreshers. Through CPOMs, concerns will be noted and flagged to the DSL on (but not exhaustive to):

- attendance;
- punctuality;
- relationships;
- approach to learning;

- physical indicators;
- negative behaviour patterns;
- family circumstances;
- recent bereavement;
- health indicators;
- sexual harassment or abuse.

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 DSL 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;
- provide regular opportunities for them to come into school and talk to staff on an informal level;
- 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;

- ensure parents are regularly reminded of the Local Offer website and how it can support;
- 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 consulted and informed about the mental health topics their children are learning about in PSHE.

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:

- the school nurse
- educational psychology services
- behaviour support and intervention teams
- paediatricians
- CAMHS (child and adolescent mental health service)
- counselling services
- family support workers
- therapists

Training

As a minimum, all staff will receive regular training about promoting and supporting mental wellbeing as part of their regular safeguarding training and through regular staff newsletter briefings.

The Durham Safeguarding Children's Partnership (DSCP) website provides free online training suitable for staff wishing to know more about a specific issue. Training opportunities for staff who require more in depth knowledge will be considered as part of our CPD planning, and in response to individual contexts.

Special thanks to West Rainton Primary School who are our partner school for the Durham Pledge which consists of a Health and Wellbeing Framework.