



Mental Health and Wellbeing Policy

*St Mary's Catholic Primary
School*

Policy approved by the Governing Body

Last Reviewed on: March 2024

Next Review due by: March 2025

Mental Health and Wellbeing Policy

At St Mary's Catholic 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 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.*
- *promote self-esteem and ensure children know that they are all special in their own way*
- *help children to develop emotional resilience and to manage setbacks.*

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*

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 including those who have experienced trauma and may have attachment difficulties.

This policy should be read in conjunction with our Inclusion Policy and Medical Policy as in some cases pupils mental health needs overlap with these areas of vulnerability.

This policy should also be read in conjunction with policies for RE, Behaviour and Anti-bullying Policies. It also has links with our Child Protection procedures.

Lead Members of Staff:

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

- Mrs Concannon – Head Teacher/ Designated Safeguarding Lead
head@stmarys-pri.northants-ecl.gov.uk
- Mrs Morgan- Senior Teacher/ SENCO/Trained Mental Health Lead/ Drawing and Talking Practitioner senco@stmarys-pri.northants-ecl.gov.uk
- Mrs Vale – Designated Deputy Safeguarding Lead/ Early Years Lead
Samantha.Vale@stmarysalw.net

Teaching about Mental Health

The skills, knowledge and understanding needed by our children to keep themselves mentally healthy and safe are included as part of our PSHE approach and RE curriculum. The specific content of lessons will be determined by the needs of the cohort we are teaching but we will also use our links with the School Nurse and the Mental Health Support Team to 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:

- ARC- Activating resilience and Coping group led by TaMHS trained staff
- Drawing and Talking sessions lead by a trained Drawing and Talking Practitioner
- 1:1 support using resources such as *The Red Best*, *Starving the Anger Gremlin* and *Starving the anxiety Gremlin*
- Managing feelings resources e.g. 'worry boxes' and 'worry monsters'
- Managing emotions resources such as *Zones of Regulation*
- Listening Lunch sessions led by the school Mental Health Lead
- Therapeutic activities including Drawing and Talking, Lego Therapy and Relaxation breaks
- Targeted support from the Mental Health Support Team

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

- Strengths and Difficulties questionnaire
- The Sandwell Wellbeing questionnaire
- Mood and Feelings questionnaire
- Me and my Feelings questionnaire

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. We do this through:

- Mental Health Lead support for staff and pupils
- Mental Health Lead advice and signposting for parents
- Parent and pupil wellbeing and Mental Health workshops in conjunction with Relax Kids and the Mental Health Support Team*

- Mental Health awareness booklets in the entrance area
- Mental Health support cards and posters for children in our school hall, intervention room and classrooms
- Dedicated staff wellbeing board in the staffroom
- Free counselling support for all staff through <https://www.theeducationbroker.co.uk/> and <https://www.educationsupport.org.uk/>

Identifying needs and Warning Signs

All staff are aware of some of the indicators that demonstrate a child's emotional health and wellbeing may be at risk which could subsequently mean they will not achieve their potential. These risk factors could include:

- Poor attendance
- Punctuality issues
- Unstable relationships
- Negative approaches to learning
- Physical indicators
- Negative behaviour patterns
- Change in family circumstances
- Recent bereavement
- Health indicators
- Wellbeing questionnaires

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 safeguarding Lead or the Mental Health lead as appropriate.

Possible warning signs include:

- *Changes in eating / sleeping habits*
- *Becoming socially withdrawn*
- *Changes in activity and mood*
- *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 and learning platform.*
- *Share and allow parents to access sources of further support e.g. through parent forums or Local Authority support groups.*
- *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 school and share ideas for extending and exploring this learning at home.*
- *Provide links to further information and support in our school policy (Appendix A)*

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*
- Community Paediatrician*
- CAMHS (child and adolescent mental health service)*
- Counselling services*
- Family support workers*
- Therapists*
- Mental Health Support Team**

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 Children safe.

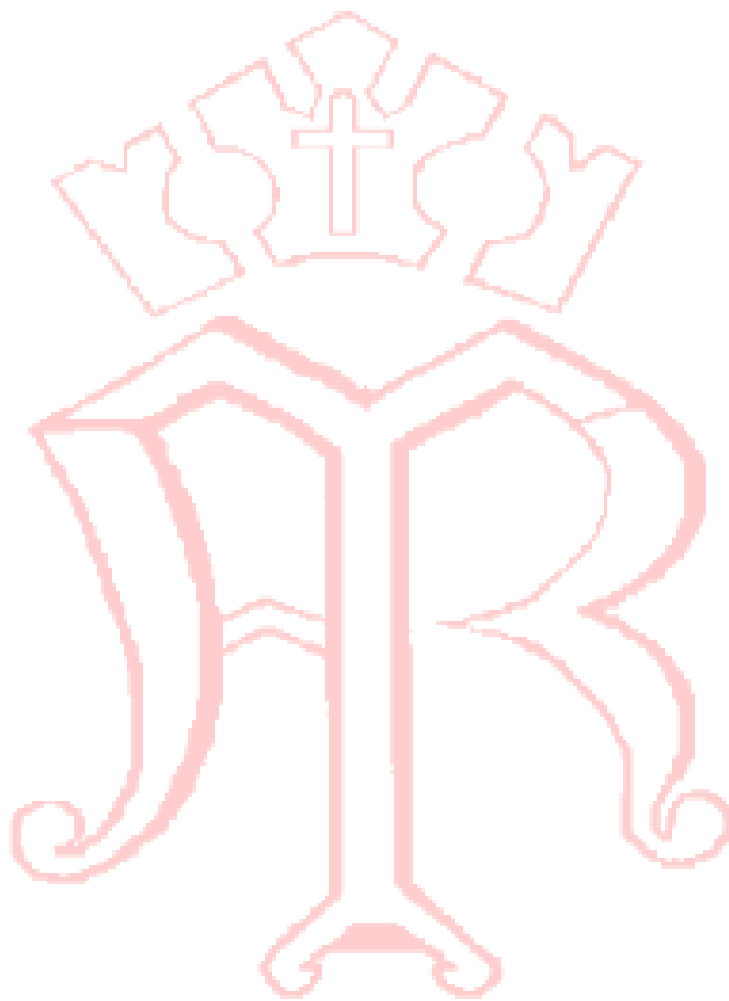
The E Learning portal on the Northamptonshire Children's Safeguarding Partnership (NCSP) provides free online training suitable for staff wishing to know more about a specific issue.

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 knowledge and skills to support specific pupils.

Mental Health and Wellbeing training is offered via the TaHMS to support pupils and staff.

**As a Mental Health Support Team school we are dedicated to supporting children's emotional health and well-being. We can access a range of*

interventions to support both children and families in worry management, sleep difficulties, problem solving, simple phobias and thought challenging. If you have any concerns about your child's mental health or well-being, please do not hesitate to speak to your child's class teacher or the school's Mental Health Lead, Mrs Denise Morgan. You can contact Mrs Morgan using the following email address: senco@stmarys-pri.northants-ecl.gov.uk



Appendix A

Where to get information and support on specific mental health needs

Mental Health Support Team* <https://www.nhft.nhs.uk/mhst>

Mental Health Support Team introduction video

<https://youtu.be/KP8LPFMUEjA>

Anxiety UK www.anxietyuk.org.uk

OCD UK www.ocduk.org

Depression Alliance www.depressoinalliance.org

Eating Disorders www.b-eat.co.uk and www.inourhands.com

For general information and support

www.youngminds.org.uk champions young people's mental health and wellbeing

www.mind.org.uk advice and support on mental health problems

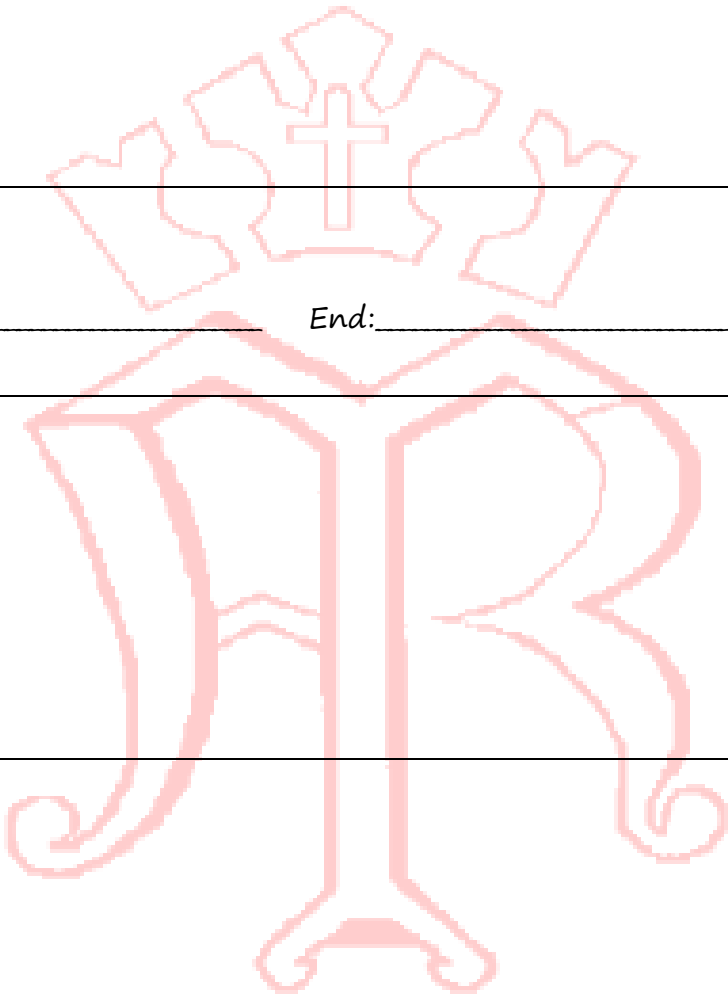
www.minded.org.uk (e-learning) www.time-to-change.org.uk

www.rethink.org challenges attitudes towards mental health



*Mental Health and Wellbeing
Record of Support- Staff*

| | |
|---|--------------|
| <i>Name:</i> | <i>Date:</i> |
| <i>Support</i> | |
| <i>Time</i> <i>Start:_____ End:_____</i> | |
| <i>Action</i> | |
| <i>Result</i> | |
| <i>Any other notes/ actions</i> | |

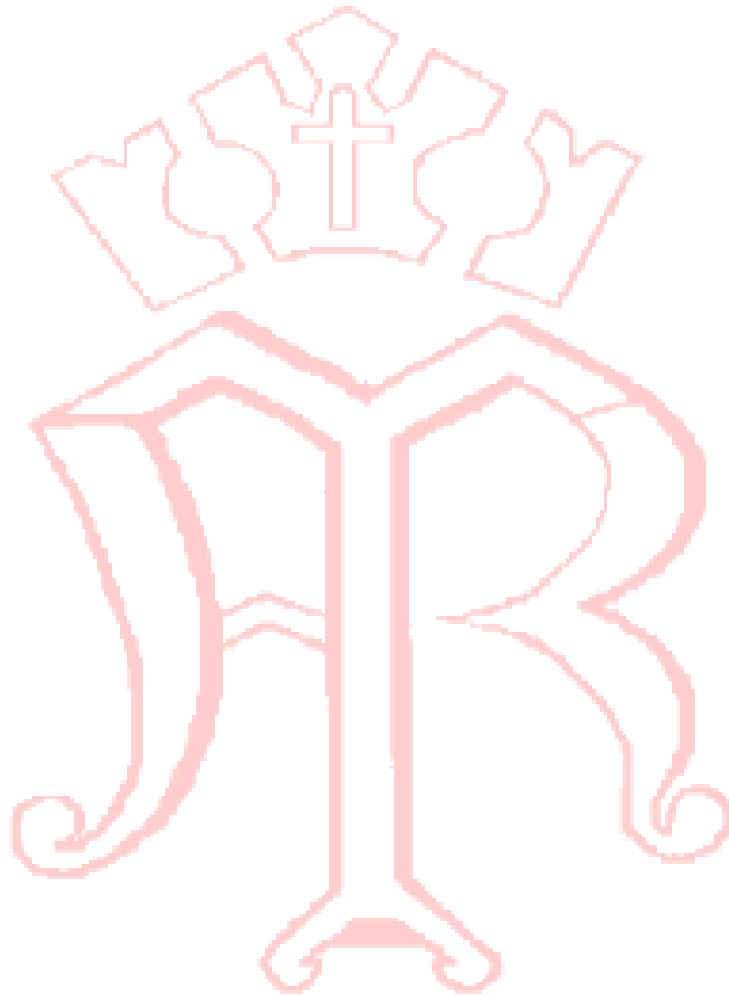


Support offered by:

Laura Concannon - Head Teacher

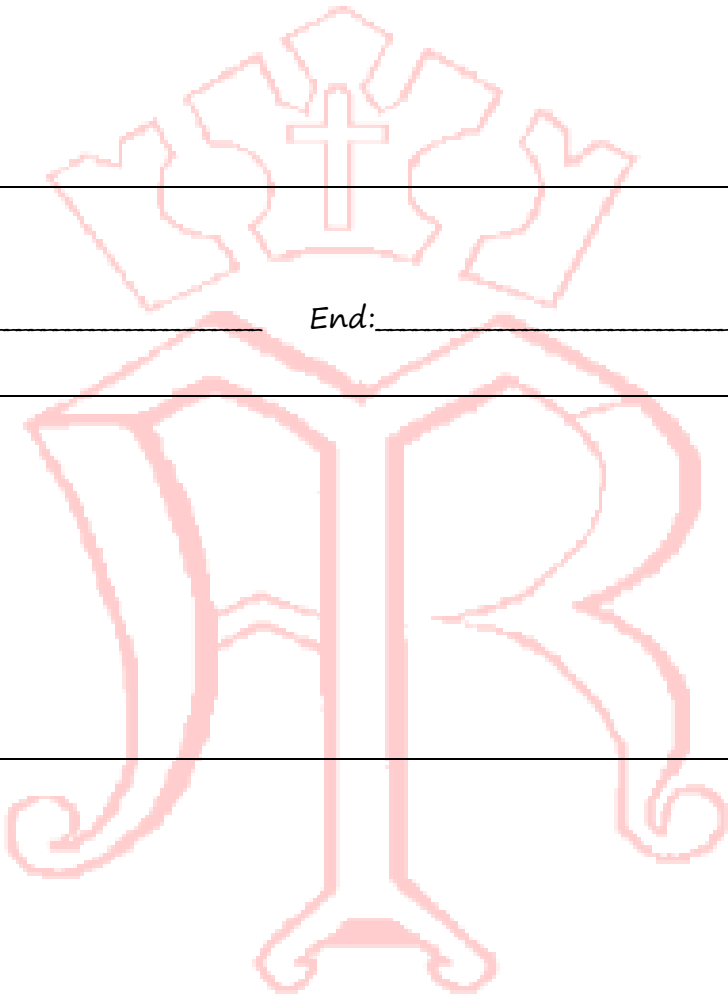
Denise Morgan - Mental Health Lead

Louise King - Bursar and HR



*Mental Health and Wellbeing
Record of Support- Pupil*

| | |
|---|--------------|
| <i>Name:</i> | <i>Date:</i> |
| <i>Support</i> | |
| <i>Time</i> <i>Start:_____ End:_____</i> | |
| <i>Action</i> | |
| <i>Result</i> | |
| <i>Any other notes/ actions</i> | |



Support offered by:

Laura Concannon - Head Teacher

Denise Morgan - Mental Health Lead

Class Teacher -

Teaching Assistant -

