



Mental Health and Wellbeing Policy

St Mary's Catholic Primary School

Policy approved by the Governing Body

Date: March 2024

Last Reviewed on: September 2026

Next Review due by: September 2029

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/ Deputy Designated Safeguarding Lead denise.morgan@stmarysalw.net

Teaching about Mental Health

At St Mary's, mental health and wellbeing education is delivered through RSHE, Relationships Education, Religious Education and the myHappymind curriculum. The programme provides children with practical strategies and a shared language to understand their emotions, regulate their feelings, develop resilience and maintain positive relationships.

myHappymind Whole-School Approach

The school delivers the myHappymind programme as part of its universal mental health and wellbeing provision. This science-based programme supports children to develop resilience, self-esteem, self-regulation, positive relationships and emotional wellbeing through a whole-school approach.

The myHappymind Curriculum

The school delivers five myHappymind modules throughout the academic year:

Meet Your Brain

Understanding how the brain works and developing strategies to regulate emotions and develop a growth mind set.

Celebrate

Identifying and celebrating personal strengths to build confidence and self-esteem.

Appreciate

Developing gratitude and positive habits that support wellbeing and resilience.

Relate

Understanding positive relationships, empathy, kindness and friendship skills.

Engage

Building resilience, motivation, goal-setting skills and perseverance when faced with challenges.

The school is committed to using evidence-informed approaches to promote wellbeing. The myHappymind programme is grounded in neuroscience, positive psychology and child development research and supports the development of resilience, confidence, self-esteem and emotional regulation.

Mental Health Charity Support

We raise awareness through termly mental health awareness days in partnership with YoungMinds, Place2Be and the Mental Health Foundation.

Targeted support

Universal programmes such as myHappymind form the foundation of our graduated approach to emotional wellbeing. Where children require additional support, targeted interventions and external agency involvement is considered.

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
- Bereavement support sessions led by trained staff
- 1:1 support using resources such as *The Red Best*, *Starving the Anger Gremlin* and *Starving the anxiety Gremlin*
- Managing feeling 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

Recording and Monitoring

At St. Mary's Catholic Primary School, we use **CPOMS (Child Protection Online Management System)** as our secure electronic system for recording, storing, monitoring and managing information relating to both pupils and staff. CPOMS supports our commitment to safeguarding, pupil welfare, behaviour management, attendance, SEND provision and staff wellbeing by providing a clear and confidential record of concerns, actions and outcomes.

All staff have a responsibility to record concerns promptly, accurately and factually on CPOMS, ensuring that relevant information is shared with the appropriate members of the safeguarding and leadership teams. The system enables designated staff to monitor patterns of concern, coordinate support, maintain robust records and ensure timely intervention where required.

CPOMS is also used, where appropriate, to record and manage concerns relating to adults working within the school, including safeguarding, welfare, professional conduct and low-level concerns. In line with statutory safeguarding guidance, any allegations or concerns that meet the threshold for referral will be discussed with and referred to the **Local Authority Designated Officer (LADO)** as required. A clear record of consultations, referrals, actions taken and outcomes will be maintained through CPOMS to ensure transparency, accountability and compliance with safeguarding procedures.

Access to CPOMS is strictly controlled according to roles and responsibilities, ensuring that all information is handled confidentially and in accordance with data protection legislation. Through the effective use of CPOMS, St. Mary's Catholic Primary School promotes a culture of vigilance, accountability and safeguarding, helping to ensure the safety, wellbeing and support of all pupils and staff.

Information Sharing with Other Schools

Where a pupil transfers to another school, relevant information recorded on CPOMS may be shared securely with the receiving school to support a safe and successful transition. Information shared will be proportionate and may include safeguarding, pastoral, attendance, behaviour, SEND or welfare records where these are necessary to promote the child's wellbeing and enable appropriate support to be put in place. Records are transferred confidentially and in accordance with safeguarding requirements, data protection legislation and local authority guidance to ensure continuity of care and support for the pupil.

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, myHappyMind and the Mental Health Support Team*
- 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 are 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

The school recognises the importance of family engagement in promoting positive mental health. Where available, parents will be encouraged to access myHappymind resources and activities to reinforce learning and wellbeing strategies at home.

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.

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 0-19 nursing team
- 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 receive regular training about recognising and responding to mental health issues as part of their regular child protection training.

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 TaMHS (Targetted Mental Health in Schools) 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: denise.morgan@stmarysalw.net*

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/KP8LPMUEjA>

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

