



# **Burnham on Crouch Primary School**

Connected to our world

## **Pupil Mental Health and Emotional Wellbeing Policy**

Staff consulted: Autumn 2021

Ratified by the Governing Body: Autumn 2021

Review date: Autumn 2022

### **Policy Statement**

At Burnham-on-Crouch Primary School, we are committed to supporting the emotional health and wellbeing of our pupils. 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 pupils to understand their emotions and feelings better.
- Help pupils feel comfortable sharing any concerns or worries.
- Help pupils socially to form and maintain relationships.
- Promote self-esteem and ensure children know that they count.
- Encourage children to be confident and 'dare to be different'.
- 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.
- Access to appropriate support that meets their needs.

### **We pursue our aims through:**

- Universal, whole school approaches.
- Targeted support for pupils experiencing recent difficulties.
- Specialist support and referrals to external agencies for pupils with more complex or long term difficulties.

### **Lead Members of Staff**

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

**Kelly Stock:** Headteacher/Designated Safeguarding Lead/Duty of Care to all Staff and Pupils

**Lianne Steventon-Kiy:** SENDCo/Deputy Designated Safeguarding Lead/Youth Mental Health First Aider

**Jeanette Evans:** Child and Family Support Worker/ Deputy Designated Safeguarding Lead/Youth Mental Health First Aider

**Alex Russ:** Deputy Headteacher/ Deputy Designated Safeguarding Lead

### **Teaching about Mental Health**

The skills, knowledge and understanding needed by our pupils to keep themselves mentally healthy and safe are included as part of our developmental PSHE curriculum.

The specific content of lessons will be determined by the specific needs of the cohort we teach but we will also use the PSHE Association Guidance to ensure that we teach mental health and emotional wellbeing issues in a safe and sensitive manner.

### **Universal Approaches**

The school will offer support through whole school approaches which may include:

- 'Action for Happiness' monthly calendars emailed to all staff and displayed in classrooms
- PSHE lessons to include mental health teaching with specified year group books to cover areas of mental health such as self-esteem
- '12 Days of Kindness' in December
- 'Recovery Curriculum' activities and resources provided to all teachers
- Partaking in national Children's Mental Health Week and Mental Health Awareness Week
- Mental Health displays, Recovery Curriculum and the Wellbeing toolkit resources to support the curriculum

### **Targeted Support**

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

- Nurture groups
- Targeted use of SEMH resources
- Managing feelings resources e.g. 'worry boxes' and 'worry eaters'
- Managing emotions resources such as 'zones of regulation'
- Therapeutic activities including art, lego and relaxation and mindfulness techniques
- The Wellbeing Toolkit
- 'Relaxed Kids' support sessions delivered by a trained member of staff
- Termly tracker of pupils' identifying needs and warning signs

### **Specialist Support**

As part of our specialist provision, the school will work with other agencies to support children's emotional health and wellbeing including:

- The School Nurse or Educational Psychology Service
- Behaviour support
- Paediatricians or EWMHS (Emotional Wellbeing and Mental Health Service)
- Counselling or support services e.g. Kids Inspire and Children's Society.
- Mental Health Support Team

Mental Health Support Team (MHST) aims to:

- support children and young people with mild to moderate mental health problems through evidence-based interventions.
- support schools in developing their whole school approach to mental health.

- provide timely advice to school staff and to liaise with other services in order to help children and young people get the right help and stay in education.

They provide early intervention for some mental health and emotional wellbeing issues, such as mild to moderate anxiety and challenging behaviour, working directly with parents. They also help the school to provide a 'whole school approach' to mental health and wellbeing through staff training and targeted groups and workshops for pupils.

### **Identifying Needs and Warning Signs**

All staff will complete termly wellbeing trackers on their pupils aimed at identifying a range of possible difficulties including:

- Attendance
- Punctuality
- Relationships
- Approach to learning
- Physical indicators
- Negative behaviour patterns
- Family circumstances
- Recent bereavement
- Health indicators

These are colour coded to aid identification. School staff may also become aware of warning signs which indicate a pupil 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 one of the DSLs or one of the Youth Mental Health First Aiders (Jeanette Evans and Lianne Steventon-Kiy) 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:

- 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.

If, as a parent, you have any concerns about your child's mental health or emotional wellbeing, please talk to their class teacher or one of the Youth Mental Health First Aiders (Jeanette Evans and Lianne Steventon-Kiy). If they are unable to help, they can provide you

with information from external provider who can offer more specialist, detailed and effective advice. In addition, please see the **'Helpful Websites'** section at the end of this policy for additional support.

### **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 pupils safe.

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

Training opportunities for staff that 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.

### **Helpful Websites**

#### **Where can I go for support and guidance?**

- [www.annafreud.org/what-we-do/schools-in-mind/](http://www.annafreud.org/what-we-do/schools-in-mind/)
- Mental Health at Work is an online gateway to resources, training and information aimed at transforming mental health in the workplace in the UK. Mental health at Work has been developed by Mind and is supported by The Royal Foundation with Heads Together.
- Mentally Healthy Schools is a site providing quality assured resources on children's mental health for primary schools. Funded by the Royal Foundation it is a legacy project of the Heads Together campaign and is run by the AFNCCF, Place2Be and Young Minds with expert guidance from the Centre for Mental Health and NAHT.  
[www.mentallyhealthyschools.org.uk](http://www.mentallyhealthyschools.org.uk)
- Mindful Teachers is an international community of educators and helping professionals committed to mindfulness and compassion. [www.Mindfulteachers.org](http://www.Mindfulteachers.org)
- [www.nhs.uk/conditions/stress-anxietydepression/improve-mental-wellbeing/](http://www.nhs.uk/conditions/stress-anxietydepression/improve-mental-wellbeing/)
- [www.mentalhealth.org.uk/](http://www.mentalhealth.org.uk/)  
[www.mentalhealth.org.uk/sites/default/files/how-to-manage-and-reduce-stress.pdf](http://www.mentalhealth.org.uk/sites/default/files/how-to-manage-and-reduce-stress.pdf)
- Support and guidance Schools in Mind is a free network for school staff and allied professionals hosted by the AFNCCF. We provide a trusted source of accessible information and resources that teachers and school leaders can use to support the mental health and wellbeing of their whole school community. Recent resources include a booklet: Supporting Staff Wellbeing in Schools. [annafreud.org/what-we-do/schools-in-mind/](http://annafreud.org/what-we-do/schools-in-mind/)
- NHS Five Steps to Mental Wellbeing [nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/](http://nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/)
- Education Support Partnership is a charity dedicated to improving the health and wellbeing of teachers and the entire education workforce. It offers a free, confidential helpline to all those working in education in the UK.

[educationsupportpartnership.org.uk/helpingyou/telephone-support-counselling](https://educationsupportpartnership.org.uk/helpingyou/telephone-support-counselling)