



# **Burnham on Crouch Primary School**

Connected to our world

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

Staff consulted: Aut23

Ratified by the Governing Body: Aut23

Review date: Aut26

### **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:

**Alex Russ:** Acting Headteacher/Designated Safeguarding Lead/Duty of Care to all Staff and Pupils

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

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

### **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 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 or poems to cover areas of mental health such as self-esteem, anxiety and emotions/feelings
- '12 Days of Kindness' in December
- Partaking in national Children's Mental Health Week and Mental Health Awareness Day (including the 'walk and talk' event)
- Mental Health displays and the Wellbeing toolkit resources to support the curriculum
- Termly wellbeing surveys to identify pupils emotions and their feelings about friendships, home life and school
- Termly wellbeing workshops/assemblies delivered by the Mental Health Support Team (including 'five ways to wellbeing', 'Express Yourself' and Self-Esteem)
- Newsletters/parentmail to parent/carers with sign posting to resources and websites

### **Targeted Support**

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

- Nurture 1-1/groups with YMHFA
- Sensory walks/movement breaks, use of sensory equipment and/or use of visual timetables
- 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

### **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 Nursing Team (PROVIDE) or Educational Psychology Service
- Behaviour support
- Paediatricians or CAMHS (Child and Adolescent Mental Health Service)
- Counselling or support services e.g. Drawing & Talking Therapy, Young Carers, Next Chapter, Kids Inspire, Children's Society and W4C.
- Mental Health Support Team (MHST) who aim to:

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

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

Staff will complete termly wellbeing questionnaires with their pupils to identify their emotions and feelings about friendships, home life and school. Any pupils who have an overall amber or red score, puts a lower score for one of the questions or leaves a comment that requires further investigation will be spoken to 1:1 by the class teacher or LSA. These conversations will help to identify any pupils needing further targeted support.

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 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 a parent has any concerns about their child's mental health or emotional wellbeing, they should talk to their child's class teacher or one of the Youth Mental Health First Aiders (Jeanette Evans and Lianne Steventon-Kiy). Information from external services, who can offer more specialist, detailed and effective advice, can also be signposted. 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.

In addition to this, a number of staff members also hold the mental health champion status which enables them to recognise issues and provide early intervention.

The MindEd learning portal ([www.minded.org.uk](http://www.minded.org.uk)) 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](http://educationsupportpartnership.org.uk/helpingyou/telephone-support-counselling)