



SACRED HEART
CATHOLIC PRIMARY
SCHOOL & NURSERY

Mental Health and Wellbeing

This is our school.

**Together we worship; Together we learn; Together we
belong**

With the love of God, our dreams and ambitions come true



September 2023

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Policy Status: Statutory Policy

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Body October 2023

Review Cycle: 12 months



At Sacred Heart Catholic Primary School & Nursery we are proud to provide a safe, stimulating and inclusive learning environment where every member of our community is valued and respected.

Mission Statement

**'Together we worship, Together we learn,
Together we belong – with the love of God...
our dreams and ambitions come true.'**

Our broad, balanced, creative curriculum and enrichment activities provide opportunities for everyone to achieve and succeed. Together we take pride in making a positive contribution to our school and the wider community.

This policy should be referred to in conjunction with the SEND policy, SEND report and children's health needs policy.

SAFEGUARDING STATEMENT

"Sacred Heart Catholic Primary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment".



Why Mental Health and Wellbeing is Important

At our school, we aim to promote positive mental health and well-being for our whole school community; pupils, staff, parents and carers, and recognise how important mental health and emotional well-being is to our lives in just the same way as physical health.

We recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement. Persistent mental health problems may lead to pupils having significantly greater difficulty in learning than the majority of those of the same age.

The Special Educational Needs and Disabilities (SEND) Code of Practice identifies Social, Emotional and Mental Health as one of the four areas of Special Educational Need.

All children go through ups and downs through their school career and some face significant life events. About 10% of children aged 5 to 16 have a diagnosable mental health need and these can have an enormous impact on their quality of life, relationships and academic achievement.

The Department for Education (DfE) recognises that: *"in order to help their pupils succeed; schools have a role to play in supporting them to be resilient and mentally healthy"*.

Schools can be a place for children and young people to experience a nurturing and supportive environment that has the potential to develop self-esteem and give positive experiences for overcoming adversity and building resilience. For some, school will be a place of respite from difficult home lives and offer positive role models and relationships, which are critical in promoting pupil's well-being and can help engender a sense of belonging and community.

Our role in school is to ensure that they are able to manage times of change and stress, be resilient, are supported to reach their potential and access help when they need it. We also have a role to ensure that pupils learn about what they can do to maintain positive mental health, what affects their mental health, how they can help reduce the stigma surrounding mental health issues and where they can go if they need help and support.

Our aim is to help develop the protective factors which build resilience to mental health problems and be a school where

- all pupils are valued
- pupils have a sense of belonging and feel safe
- pupils feel able to talk openly with trusted adults about their problems without feeling any stigma
- positive mental health is promoted and valued
- bullying is not tolerated

In addition to children's well-being, we recognise staff mental health and well-being must be actively promoted.

Purpose

This policy sets out

- how we promote positive mental health
- how we prevent mental health problems
- how we identify and support pupils with mental health needs
- how we train and support all staff to understand mental health issues and spot early warning signs to help prevent mental health problems getting worse
- key information about some common mental health problems
- where parents, staff and pupils can get advice and support

Definition of Mental Health and Well-Being

We use the World Health Organisation's definition of mental health and wellbeing:

... a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

Mental health and well-being is not just the absence of mental health problems. We want all children/young people to

- feel confident in themselves
- be able to express a range of emotions appropriately
- be able to make and maintain positive relationships with others
- cope with the stresses of everyday life
- manage times of stress and be able to deal with change
- learn and achieve

Links to other Policies

This policy links to our policies on Safeguarding, Looked After Children, Anti-Bullying, Relationships, Personal Social Health Education (PSHE) and Special Educational Needs and Disabilities (SEND) Policy.

Links with the Relationships Policy are especially important because behaviour, whether it is disruptive, withdrawn, anxious, depressed or otherwise, may be related to an unmet mental health need. We consider behaviour to be a message.

A Whole School Approach to Promoting Positive Mental Health

We take a whole school approach to promoting positive mental health that aims to help pupils become more resilient, be happy and successful and prevent problems before they arise.

This encompasses seven aspects:

1. creating an ethos, policies and behaviours that support mental health and resilience that everyone understands;

2. helping pupils to develop social relationships, support each other and seek help when they need to;
3. helping pupils to be resilient learners;
4. teaching pupils social and emotional skills and an awareness of mental health;
5. early identification of pupils who have mental health needs and planning support to meet their needs, including working with specialist services;
6. effectively working with parents and carers;
7. supporting and training staff to develop their skills and resilience.

We also recognise the role that stigma can play in preventing understanding and awareness of mental health issues and aim to create an open and positive culture that encourages discussion and understanding of mental health issues. We aim to be a 'talking school' with an 'Open Door Policy'.

Roles and Responsibilities

We believe that all staff have a responsibility to promote positive mental health, and to understand about protective and risk factors for mental health. Some children will require additional help and all staff should have the skills to look out for any early warning signs of mental health problems and ensure that pupils with mental health needs get early intervention and the support they need.

All staff understand about possible risk factors that might make some children more likely to experience problems; such a physical long-term illness, having a parent who has a mental health problem, death and loss, including loss of friendships, family breakdown and bullying. They also understand the factors that protect children from adversity, such as self-esteem, communication and problem-solving skills, a sense of worth and belonging and emotional literacy.

The school's Mental Health Lead roles:

- lead on and work with other staff to coordinate whole school activities to promote positive mental health;
- provide advice and support to staff and organise training and updates;
- keep staff up-to-date with information about what support is available;
- liaise with the PSHE Leader on teaching about mental health;
- be the first point of contact and communicate with mental health services;
- lead on and makes referrals to services.

We recognise that many behaviours and emotional problems can be supported within the school environment, or with advice from external professionals. Some children will need more intensive support at times, and there are a range of mental health professionals and organisations that provide support to pupils with mental health needs and their families. Support includes:

- Safeguarding Team;
- Support staff to manage mental health needs of pupils;
- SENCO who helps staff understand their responsibilities to children with special educational needs and disabilities (SEND), including pupils whose mental health problems mean they need special educational provision;
- Pastoral Lead
- Educational Mental Health Practitioner interventions (group/1:1);
- School nurse;
- CAMHS meetings to support staff to manage mental health needs of pupils.

Supporting Pupils' Positive Mental Health

We believe we have a key role in promoting pupils' positive mental health and helping to prevent mental health problems. Our school has developed a range of strategies and approaches including;

Pupil-led Activities

- Workshops and assemblies to raise awareness of mental health
- Transition Support (between year groups, phases and schools)
- Support for vulnerable children, for example, Speech and Language (SALT) support, small group work such as Lego Therapy or Social Communication groups with our Pastoral Lead
- Transition meetings with parent/carers, pupils and relevant staff
- Yearly Transition Passports for vulnerable children
- Transition Passports available for all staff to be aware of vulnerable children's needs
- SENDCo/Pastoral Lead supporting secondary school visits with vulnerable pupils

Class Activities

- Worry monsters
- Kindness/compliment boards
- Mindfulness and breathing exercises/calm time in class
- Classroom display/signposting

Whole School

- Wellbeing Focus
- PSHE curriculum
- Assembly themes
- Using cross curricular opportunities (particularly through texts) to explore themes and learn about emotions, difference, loss, bullying, change, resilience, etc, through roleplay and guided reading e.g.
- Displays and information around the school about positive mental health and where to go for help and support both within the school and outside the school

Small Group Activities

- Small friendship, social skills groups
- Lunchtime support
- Safe/calm spaces within each classroom
- Sensory room for those children who are finding the classroom overwhelming
- Calm, quiet spaces to access in the classroom

Teaching about Mental Health and Emotional Wellbeing

Through PSHE we teach the knowledge and social and emotional skills that will help pupils to be more resilient, understand mental health and help reduce the stigma of mental health problems.

Our approach is to:

- provide a safe environment to enable pupils to express themselves and be listened to
- ensure the welfare and safety of pupils as paramount
- identify appropriate support for pupils based on their needs
- involve parents and carers when their child needs support
- involve pupils in the care and support they have
- monitor, review and evaluate the support with pupils and keep parents and carers updated

Early Identification

Our identification system involves a range of processes. We aim to identify children with mental health needs as early as possible to prevent things getting worse. We do this in different ways including:

- identifying individuals that might need support
- being aware of external factors including home circumstances (as well as historically)
- working with the School office staff who are often the first point of contact with families seeking support
- induction meetings for pupils/families joining
- analysing behaviour, exclusions, sickness and attendance regularly
- pupil voice collated at the beginning of the school year and monitored throughout
- all staff reporting concerns about individual pupils to the SENDCo and Designated Safeguarding Team and logging on CPOMS system
- worry monsters in each class for pupils to raise concerns which are checked by the class teacher
- weekly staff briefing and staff meetings for staff to raise concerns about individual children
- gathering information from a previous school at transfer or transition
- parental meetings
- enabling pupils to raise concerns to class teacher and support staff
- enabling parents and carers to raise concerns through the school class teacher or to any member of staff - we have an 'Open Door Policy'

Any member of staff concerned about a pupil will take this seriously and talk to the SENDCo or Designated Safeguarding Team.

Signs might include:

- non-verbal behaviour
- isolation from friends and family and becoming socially withdrawn
- changes in activity or mood or eating/sleeping habits
- lowering academic achievement
- talking or joking about self-harm or suicide
- expressing feelings of failure, uselessness or loss of hope
- an increase in lateness or absenteeism
- not wanting to do PE or get changed for PE
- drug or alcohol misuse
- physical signs of harm that are repeated or appear non-accidental
- wearing long sleeves in hot weather
- repeated physical pain or nausea with no evident cause

Staff are aware that mental health needs such as anxiety might appear as noncompliant, disruptive or aggressive behaviour which could include problems with attention or hyperactivity. This may be related to home problems, difficulties with learning, peer relationships or development.

If there is a concern that a pupil is in danger of immediate harm then the school's child protection procedures are followed. A risk assessment and plan will be put in place without delay.

Verbal Disclosures by Pupils

We recognise how important it is that staff are calm, supportive and non-judgmental to pupils who verbally disclose a concern about themselves or a friend. The emotional and physical safety of pupils is paramount and staff listen rather than advise. Staff are clear to pupils that the concern will be shared with the SENDCo/Designated Safeguarding Team and recorded in order to provide appropriate support to the pupil.

Non-Verbal Disclosures by Pupils

Staff also recognise persistent and unusual non-verbal disclosures in behaviours in line with the NICE (National Institute for Health & Care Excellence) recommendation that behaviour may be an unmet need or message.

Confidentiality

All disclosures are recorded and held on the pupil's confidential file, including date, name of pupil and member of staff to whom they disclosed, summary of the disclosure and next steps.

Assessment, Interventions and Support

All concerns are reported to the SENDCo/Designated Safeguarding Team and are recorded. We then implement our assessment system based on levels of need to ensure that pupils get the support they need, either from within the school or from an external specialist service. Our aim is to put in place interventions as early as possible to prevent

problems escalating.

We recognise that just like physical health, mental health and emotional well-being can vary at any given time and is fluid and changes, there are no absolutes.

<u>Need</u>	<u>Evidence-based Intervention and Support</u>	<u>Monitoring</u>
Low need	General support, e.g. lunch club, class teacher/TA/Pastoral Lead 'check ins'	Regularly monitored and growing concerns raised with Mental Health Lead to escalate
Some need	Interventions with Pastoral Lead/SENDCo based on area of need, e.g. friendship, anxiety, grief, etc Referral to Educational Mental Health Practitioner who works with groups/1:1 around low mood/anxiety	Multi-agency meetings including parents – regular reviews and feedback Early Help referral and Childrens Services if appropriate Electronic log kept (CPOMS) with regular SLT meetings to discuss individuals
Highest need	CAMHS assessment, family support, consultation with school staff and other agencies 1:1 counselling (YPAS) Educational Psychologist involvement External agency support If the school, professionals and/or parents conclude that a statutory Education, Health and Care assessment is required, we refer to the SEND policy and SEN Information Report.	Weekly staff briefings with all staff Discussion between Pastoral Lead and Mental Health Lead around current interventions and next steps for individual children dependent on progress being made

Working with Specialist Services to get swift access to the right Specialist Support and Treatment

In some case a pupil's mental health needs require support from a specialist service. These might include anxiety, depression, school refusal and other complex needs. We make links with a range of specialist services and have regular contact with the

services to review the support and consider next steps, as part of monitoring the pupils' provision. School referrals to a specialist service will be made by the SENDCo following the assessment process and in consultation with the pupil and his/her parents and carers. Referrals will only go ahead with the consent of the parent/carer and when it is the most appropriate support for the pupil's specific needs.

Involving Parents and Carers Promoting Mental Health

We recognise the important role parents and carers have in promoting and supporting the mental health and wellbeing of their children, and in particular supporting their children with mental health needs.

To support parents and carers:

- we organise a range of Mental Health workshops accessing expertise from our Educational Mental Health Practitioner. This includes topics such as Anxiety and Stress Management
- we provide information and signposting to organisations on our websites on mental health issues and local wellbeing and parenting programmes
- we have an Open Door Policy
- we support parents and carers with children with mental health needs through sensitive and supportive regular meetings and signposting.

When a concern has been raised the school will:

- contact parents and carers and meet with them
- in some cases parents and carers will be involved in their children's interventions
- offer information to take away and places to seek further information
- be available for follow up calls
- make a record of the meeting
- agree an Action Plan
- discuss how the parents and carers can support their child
- keep parents and carers up to date and fully informed of decisions about the support and interventions

Parents and carers will always be informed if their child is at risk of danger. We make every effort to support parents and carers to access services where appropriate.

Pupils are our primary concern, and in the rare event that parents and carers are not accessing services we will seek advice from the Local Authority. We also provide information for parents and carers to access support for their own mental health needs.

Involving Pupils

- we seek pupils' views and feedback about our approach and whole school mental health activities through Pupil Voice, surveys, class questions and suggestion boxes. Our Pupil Parliament are actively involved in developing a Whole School Approach to Mental Health and Wellbeing
- we will be introducing Mental Health Ambassadors to support vulnerable children in school (particularly during break and lunchtimes).

Supporting and Training Staff

We want all staff to be confident in their knowledge of mental health and wellbeing and to be able to promote positive mental health and wellbeing, identify mental health needs early in pupils and know what to do and where to get help (see Appendix 3).

Those staff with a specific responsibility have more specialised training and where possible access to supervision from mental health professionals.

Supporting and promoting the mental health and wellbeing of staff is an essential component of a healthy school and we promote opportunities to maintain a healthy work life balance and wellbeing. We will be offering fitness and relaxation activities in school.

Where to get information and support

For support on specific mental health needs 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

National Self-Harm Network www.nshn.co.uk

Self-Harm www.selfharm.co.uk

Suicidal thoughts Prevention of young suicide UK – PAPYRUS: www.papyrus-uk.org
www.youngminds.org.uk champions young people's mental health and wellbeing
www.mind.org.uk advice and support on mental health problems

www.time-to-change.org.uk tackles the stigma of mental health

www.rethink.org challenges attitudes towards mental health

Mental Health Lead : Miss Jennifer Jordan

Mental Health Team: Martin Howarth, Andrea Kayayan, Jackie Parkinson

Mental Health & Wellbeing Governor: Gloria Latham