



**Stoneferry Primary
School**

**Mental Health and Well-
Being Policy**

Intent

At Stoneferry Primary School we are committed to supporting and promoting the positive mental health and wellbeing of our whole community of children, staff, parents and carers.

Our ethos is supportive, caring and respectful. We know how important positive mental health and wellbeing is in our lives. We recognise that children's mental health is a vital factor in their overall wellbeing and how it can affect their learning and achievements. Our school empowers children to be open and we support all children to have their voice heard.

The mental health of our pupils is promoted through:

- A behaviour policy based on positive reinforcement where children can move up to the golden star for individual achievements throughout the day.
- Encouraging the children to develop their self-esteem and build resilience; this runs as a golden thread through the school, underpinned by our PHSE lessons through Jigsaw.
- Every year group has two democratically voted school councillors, who take into account the well-being request of their peers.
- Wonderful extra-curricular opportunities with a range of activities offered.
- A well-established breakfast and after-school club.
- A feelings board in every classroom, which the children use daily.
- Curriculum enhancement through trips, which helps support particular curriculum areas.

The mental health of our parents is promoted through:

- Our recently formed PTA. This group of parents and volunteers run and host events such as: The Christmas Fayre, The Stoneferry Scarecrow Festival etc.
- Our recently established playgroup which runs on a Thursday for parents of the community and beyond.
- A well-being email set up and monitored by our EWO for any parent/carer that needs to contact the school regarding well-being/mental health discretely.
- Friday assemblies where parents can come and see their children collect their reward certificates.
- Parent drop-in sessions, where parents can come in and take-part in their children's lessons.
- Signposted organisations who promote positive mental well-being on our website.
- Supportive and approachable staff who will always listen to the needs of parents.
- Open door policy at the start of the day/end of the day for parents to speak to class teachers.

These organised have a really positive impact on parents, the wider community, the children and staff in general. A sense of belonging and meaning comes from these events.

The mental health of teachers, support staff, administration and cleaners is promoted through:

- Teachers and support staff can eat lunch with children in the hall, thus promoting positive behaviour.
- Protected PPA, whereby teachers can take their PPA from home
- Recent INSET provided Steve Hoey on well-being and mental health
- Educational Psychologist in to deliver INSET on mental
- Open door policy for all teaching staff and SLT

- Open, positive and communicative professional relationships between all teaching, support, administrative and cleaning staff.
- Strong links with our safeguarding Trust Lead: Andy Dulson

We recognise that mental health and wellbeing is not simply the absence of mental health problems. We know building children's confidence and self-esteem in a safe environment is vital to positive mental health and successful learning outcomes.

Our culture of carefully nurturing children, guiding through their primary education and building resilience to mental health problems means our school is a safe environment where children can flourish. At Stoneferry we want to ensure:

- Every child feels valued and appreciated
- Every child has a sense of belonging
- Every child feels able to talk openly with trusted members of staff about their problems and worries
- Positive mental health is promoted and championed
- Positive relationships are fostered and encouraged.

We recognise the importance of supporting positive mental health and wellbeing to the whole Stoneferry community. The mental health and well being of our staff and parents are extremely important and we do our utmost to uphold this.

At Stoneferry Primary School positive mental health is everybody's responsibility.

Implementation

This mental health policy is a guide for all teaching and non-teaching staff. It outlines our approach and commitment to promoting and supporting positive mental health and wellbeing in the whole School community. It should be noted that this sits alongside the Constellation Trust's well-being policy and our PHSE policy.

This policy outlines how:

- we promote and support positive mental health in the whole School community
- we identify and support children with mental health needs;
- we prevent mental health problems;
- we support whole families in dealing with children's mental health problems;
- how we support staff in spotting early warning signs in children and addressing mental health problems.

At Stoneferry we will implement our mental health and well-being intent through the following actions:

- Understand our children's emotions and experiences
- Form and foster positive friendships and relationships;
- Understand how to express a range of emotions appropriately
- Develop resilience and cope with setbacks;
- Manage the stresses of everyday life and be able to deal with change;
- Learn and achieve competently and successfully.

We maintain an environment where mental health is championed for pupils and staff by:

- Promoting our school vision, and encouraging a sense of belonging and community

- Providing opportunities to develop self-worth and self-value
- Valuing each pupil for who they are and celebrating their interests
- Celebrating both academic and non-academic achievements
- Supporting our children to have their say and participate in decision-making through democratic processes
- Raising awareness amongst staff about early warning signs and symptoms of mental health issues
- Supporting staff who are struggling with their own mental health problems in a non-judgemental way.

All teaching and support staff have a responsibility and important role in promoting and supporting the mental health and well-being of children and each other. We understand some children will need additional help and we know all staff have a responsibility to look out for early warning signs to ensure children get the early intervention and support they need.

We recognise that many behaviours and emotional problems can be supported within the School environment, or with guidance from external professionals. We have links with mental health professionals and organisations that provide support with mental health needs to children and their families.

If a member of staff is concerned about the mental health and wellbeing of a pupil or other staff member, in the first instance they should speak to our Designated Mental Health Lead – Mr Michael Good or our designated Safeguarding Lead Mrs Rebecca Sykes. Our Emotional Well-Being Office Mrs Joanne Talbot is also trained in mental health support and can offer assistance when needed. All staff are aware that mental health problems can, in some cases, be an indicator that a child has suffered or is at risk of suffering abuse, neglect or exploitation.

Only appropriately trained professionals should attempt to make a diagnosis of a mental health problem. Staff however, are well placed to observe children day-to-day and identify those whose behaviour suggests that they may be experiencing a mental health problem or be at risk of developing one. Where children have suffered abuse and neglect, or other potentially traumatic adverse childhood experiences, this can have a lasting impact throughout childhood, adolescence and into adulthood. It is key that staff are aware of how these children's experiences can impact on their mental health, behaviour and education.

If staff have a mental health concern about a child that is also a safeguarding concern, immediate action should be taken, following their child protection policy and speaking to the designated safeguarding lead or deputy. If a child or staff member presents a medical emergency then relevant procedures must be followed, including involving the emergency services.

Impact

At Stoneferry, we promote positive mental health, and we aim to prevent mental health problems through our fully-developed curriculum, approaches and strategies within school:

- Jigsaw curriculum in PHSE
- House points
- Headteacher's Award certificates/Special Mentions certificates
- School councillor opportunities
- Assemblies (4 times a week)
- ELSA trained achievement support assistant
- EWO who is a fully-trained mental health professional
- Challenges to promote healthy minds and bodies (bike to school week, jeans for genes day)

- A fully developed transition program to support Y6 transition into Y7.
- Displays and information around school providing a positive mental mind-set for all out children.
- Extra-curricular opportunities to support the rigour of the normal school curriculum.

At Stoneferry, the above approaches assist in a positive mental mindset of all our children. If this sometimes falls short, we have the trained professionals in school who will do everything they can to promote the positive mental health of our children and the wider community. The impact of what we offer is intended for the children, staff and wider community – a holistic approach. Our Jigsaw curriculum helps our children become mentally health aware, helping them understanding coping mechanism and fore-fronting the idea of having a positive mindset.

Identifying and supporting those children with mental health needs

Our approach is to encourage and support children to express themselves and be listened to in a safe and welcoming environment.

All staff have a responsibility to facilitate and support positive mental health. We aim to spot the early warning signs of mental health issues and to identify appropriate support for the children based on their needs. We involve parents and carers wherever possible and also the children themselves in the care and support they need in school.

We take a whole-community approach towards the mental health of our pupils. Our aim is to support the whole family if possible, but we recognise that we are teachers not mental health professionals. This means regular communication with parents explaining our concerns if appropriate and giving parents guidance about who they can talk to about their children's mental health problems, often signposting them to relevant charities or other bodies that can help. We involve parents and carers, advise parents to engage the services of mental health professionals if required, and work with professional partners and agencies where necessary.

Intervention and Support

All concerns are reported to the Mental Health Lead or the Designated Safeguarding Lead or our EWO and recorded. The MHL/DSL/EWO assesses the level of need to ensure the child gets the appropriate support from within school or from an external health professional. We aim to put early interventions in place wherever possible and to prevent problems escalating.

Following an assessment by the Mental Health Lead/SENCO;

- a plan will be put in place setting out how the pupil will be supported;
- action needed to provide that support; and
- regular reviews to assess the effectiveness of the provision and changes made where necessary.

We involve the children themselves and their parents or carers, and if appropriate put in place support for their friends/peers in School. We make every effort to support parents and carers to access services where appropriate.

The Mental Health and Wellbeing Policy is on the School website and hard copies are available to parents and carers from the School office.

The Mental Health and Wellbeing Policy is monitored and reviewed by the Mental Health Lead. All mental health professionals and external agencies are given a copy before they begin working with our School.

Policy written: September 2022

Review: September 2023