

# **Beacon Rise Primary School**

## **Mental Health and Wellbeing Policy**

**Mental Health Pupil Lead:** Mr Filer

**Mental Health Staff Lead:** Mr Filer

**Mental Health Governor:** Mrs Hansom

**Contact Details:** [school@beaconrise.org.uk](mailto:school@beaconrise.org.uk)



### **Policy statement**

At Beacon Rise, we are committed to supporting the positive mental health and wellbeing of our whole school community (children, staff, parents and carers). We recognise that mental health and emotional wellbeing is just as important to our lives as physical health.

At Beacon Rise we endeavour to ensure that children are able to manage times of change and stress. We aim to ensure that they are supported to reach their potential or access help when they need it. We also have a role to ensure that children 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.

### **Links to other policies**

This policy links to our:

- Child Protection policy

- Anti Bullying policy
- SEND policy
- Behaviour policy
- Staff Code of Conduct

### **Teaching about mental health**

At Beacon Rise we take a whole school approach to promoting positive mental health, aiming to help children become more resilient, happy and successful and to work in a pro-active way to avoid problems arising. We do this by:

- Creating and applying consistent ethos, policies and behaviours that support mental health and resilience, and which everyone understands.
- Focusing on the 5 steps to wellbeing and 'Zones of regulation'.
- Helping children to develop social relationships, support each other and seek help when they need it.
- Promoting self-esteem and ensuring children understand their importance in the World.
- Helping children to be resilient learners and to manage setbacks.
- Teaching children social and emotional skills and an awareness of mental health.
- Identifying children who have mental health challenges and planning support to meet their needs, including working with specialist services, parents and carers.
- Supporting and training staff to develop their skills and their own resilience.
- Developing an open culture where it's normal to talk about mental health.

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.
- Enabling access to appropriate support.
- Mental Health and PSHE for all year groups
- Wellbeing week and access to information around the school
- Workshops for parents and carers

### **Small group activities**

- Nurture groups to focus on mental health, anxiety, resilience and wellbeing.
- Lunch bunch.
- Children to be aware that they can talk to adults if they are anxious or worried about a certain situation/issue.

### **Staff roles and responsibilities, including those with specific responsibility**

We want all staff to be confident in their knowledge of mental health and wellbeing and to be able to promote this in and out of their classrooms.

Supporting and promoting mental health and wellbeing of staff is an essential component of a healthy school. At Beacon Rise we promote opportunities to maintain a healthy work life balance. Staff are supported pastorally and have access to enriched opportunities. Staff also have access to external support systems.

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

Key staff supporting Mental Health at Beacon Rise Primary School

**Pupil Mental Health Lead** – Mitchell Filer

**Staff Mental Health Lead** – Mitchell Filer

**Named Mental Health Governor** – Louise Hansom

Our Mental Health Lead;

- Leads and works with all staff to co-ordinate whole school activities to promote positive mental health and wellbeing.
- Leads on PSHE teaching and advice on mental health.
- Provides advice and support to staff and organises training and updates.
- Is the first point of contact with mental health services and makes individual referrals to them.

Many behaviours and emotional problems can be supported within the school environment, or with advice from external professionals.

### **Early identification**

We aim to identify children with mental health needs as early as possible to prevent things from getting worse, we do this in different ways including:

- Teaching resources including Jigsaw.
- Changes in patterns may indicate warning signs indicating that a student is experiencing mental health or emotional wellbeing issues. Teaching and support staff are responsible for reporting concerns about individual children to designated adults within the school.
  - Attendance
  - Punctuality
  - Relationships
  - Approach to learning
  - Physical indicators
  - Negative behaviour patterns
  - Family circumstance
  - Recent bereavement

- Health indicators

### **Possible warning signs include**

- Changes in eating/sleeping habits
- Becoming socially withdrawn
- Changes in activity and mood
- Talking 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

### **Assessment, interventions and support**

All concerns are reported to the designated adults within school and needs are assessed through a triage approach with SLT, class teachers and SEN to ensure the child gets the support they need, either from within the school or from an external specialist service, as quickly as possible.

### **Working with parents and carers**

Parents or carers can approach their child/children's class teacher if they have mental health concerns. This will be cascaded to the Mental Health Lead for assessment.

To support parents and carers we will be:

- Organising workshops and presentations on mental health, anxiety, resilience and 5 steps to wellbeing.
- Provide information online via [www.oaklands.herts.sch.uk](http://www.oaklands.herts.sch.uk) on mental health issues and local wellbeing and parenting programmes.
- Share ideas about how parents and carers can support positive mental health in their children.
- Make our emotional wellbeing and mental health policy easily accessible to parents.
- Keep parents informed about the mental health topics taught in PSHE and share ideas for extending and exploring this at home.

When a concern has been raised, our teachers or Mental Health Lead will:

- Contact parents to discuss the outcome of any assessment (Although there may be cases, parents and carers cannot be involved due to child protection issues.)
- Discuss any relevant referrals to external agencies.
- Signpost parents to further information or provide resources to take away.
- Create a chronology of actions and events
- Agree mental health care and protection plan where appropriate including clear next steps.
- Discuss how parents can support their child through strategies or signposts to parenting support groups.

### **Working with specialist services**

As part of our targeted provision the school will work with other agencies to support children's emotional health and wellbeing. Your child may be referred to one of the following services for additional support.

- CAMHS
- Mental Health Schools Team
- School Nursing Service
- Children's Services.
- Therapists
- Family support workers
- Educational psychology services
- Counselling services

### **Monitoring and evaluation**

The policy is reviewed every three years by the headteacher in conjunction with the governing body. Any changes are communicated to all staff.