# Elworth C of E Primary School



# Mental Health and Wellbeing Policy

| Date: | September 2023 |
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| Review Cycle: | 1 yearly |
| Reviewed By: | Sara Roberts |
| Approved By: | TB reviewed by full Governors |
| Next review date: | September 2024 |

**Mission Statement**

At Elworth CE Primary school we believe in the Church of England's vision for education which is 'Deeply Christian, Serving the Common Good.' Education should enable children to flourish and reach their full God given potential. To do this fully we need to develop children's characters so that they not only succeed academically but flourish in life skills. This is the basis of Character education; a concept of lifelong learning where pupils live out the virtues they encounter and learn to take their place as active global citizens. Our hope is that every child will become courageous advocates for change. We aspire that all our children are a blessing beyond the school walls, beyond their families, beyond their local community, as global citizens. To achieve this the children and adults at Elworth embark on an exciting and adventurous journey together joining in with God's redemptive work in the world and learn to be advocates for change.

At Elworth we create a stimulating and caring environment, grounded in Christian belief and practice, so that all members of our school community can flourish. We therefore aim to provide an education that provides pupils with opportunities to explore and develop their own values and beliefs, spiritual awareness, high standards of personal behaviour, a positive caring attitude towards other people, an understanding of their social and cultural traditions and an appreciation of diversity within modern Britain. We maintain that learning should be a rewarding experience for everyone; it should be enjoyable. Through our teaching we equip children with the skills, knowledge and understanding necessary to be able to make informed choices about the important things in their lives.

**Aims**

This Policy was written to reflect our school and local authority's aims, values and beliefs about mental health and emotional wellbeing. This has been developed in consultation with staff, children, parents and governors.

There are many children and young people who are suffering with their mental health. We have developed and implemented practical, relevant and effective mental health support, policies and practise into our school to ensure that our children, staff and parents feel their needs are supported and met. We want to provide safe and enabling environments for all children and their families as being a way of managing and preventing mental health issues.

This policy should be read in conjunction with our SEN, Child Protection and safeguarding, SMSC and relationships and behaviour policy.

**Policy Statement**

At Elworth C of E Primary School we are committed to supporting and promoting positive mental health for our children, staff and families.

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The culture and ethos focuses on the children showing themselves love, compassion and respect. This then positively impacts upon the children around them. This positive mental attitude is also expected in staff so that children can see our culture being modelled by their teachers and other staff in school.

We understand that everyone has difficulties in their lives and unexpected challenges to face and overcome. This makes us more vulnerable and, at times, we may need additional emotional support to ensure that their mental health remains safeguarded. We recognise the role that Elworth C of E has to play in help manage and support mental health challenging and we aim to intervene and respond early to prevent escalation.

At Elworth C of E we are passionate about promoting positive mental health and wellbeing. We feel this is an area that every member of staff in school has a responsibility in promoting and demonstrating through role modelling responses and taking appropriate action to situations that could impact upon mental and emotional wellbeing.

At Elworth C of E we will aim to:

- Help children to understand and recognise their emotions
- Show empathy and compassion to others
- Help children to feel comfortable expressing how they feel
- Help children to identify trusted adults in school who they can talk to
- Help children understand social expectations and form healthy relationships
- Promote self-esteem and positive emotional wellbeing
- Promote individuality and to love themselves
- Help children to be emotional resilient and provide strategies to develop emotional intelligence

- Raise awareness of common mental health issues


We promote a mentally healthy environment by:

- Prioritising mental health across pupils and all staff
- Promote our school values and encourage a sense of belonging
- Promote self-love, individuality and independence
- Valuing the pupil voice
- Celebrating all academic and non-academic achievements
- Providing opportunities to develop a sense of worth through taking responsibility for themselves and others
- Provide opportunities to think and reflect
- Provide opportunities for prayer and worship
- Provide support in school to meet the childrens needs

Our aims are based upon:

- A universal whole school approach
- Valuing relationships and developing a positive culture within our school environment and within the community
- Support for pupils going through difficult times in and out of school
- Targeted support as and when appropriate to develop the mental and emotional wellbeing of our pupils.

## Lead Member of staff

All of our staff have the responsibility to promote, model and manage issues in relation to mental health and wellbeing. The key members of staff in school leading on mental health are:

- Miss Sara Roberts- Deputy Designated Safeguarding lead, Mental Health Lead, ELSA, Pastoral Lead
- Mrs Sarah Buckley- Assistant Headteacher, SENCo, Designated Safeguarding lead, Looked after Children's lead
- Mr Neil Garratt – Headteacher

## Maintaining well-being within the school day:

- Weekly and Daily well-being time (in class or active wellbeing) will be organised by the phase leader and class teacher
- Fitness Friday- range of fitness related activities to promote positive wellbeing
- ELSA support available as and where required
- My Happy Mind Scheme of work taught across all year groups throughout the year
- My Happy Mind resources sent to parents
- Relationships and sex scheme of work followed throughout the year
- Pastoral lead/ELSA in school for intervention and additional support

## Signposting
We will ensure that staff, pupils and parents are aware of what support is available within our school or how to access further support. We will, where appropriate, put parents in contact with outside agencies.

*See appendix 1 for links and useful resources.

## Identifying need and warning signs
All staff are trained annually through safeguarding training to recognise the signs and symptoms of poor mental health. All staff monitor the children within their classes and speak to the designated staff in school if they have a concern about a child. This will also be

logged onto C-Poms. This can then build up a picture of the concerns we have about the child. This could be in relation to the following areas:
- Attendance
- Behaviour and relationships
- Punctuality
- Approach to learning
- Physical indicators
- Family circumstances
- Health indicators

School staff may also become aware of warning signs which indicate a student is experiencing mental health or wellbeing issues. These warning signs should always be taken seriously and staff observing these warning signs should communicate their concerns with the designated staff listed above.

Potential warning signs could include:
- Changes in eating pattern
- Changes in sleeping pattern/sleep disturbances
- Changes in activity levels
- Changes in mood/behaviour
- Making inappropriate comments
- Talking about self in a negative or inappropriate way
- Talk of self-harm or suicide
- Expressing feelings of low mood
- Repeated pain and or nausea with no evident cause
- Increase in attendance issues

## Managing Disclosures
Children and young people may disclose concerns about their own, their parents or another child's emotional wellbeing and mental health. Staff are to deal with this in accordance to our child protection and safeguarding policy.

Staff should listen then seek advice from the safeguarding team in school to decide on the next steps which should be taken. Our main priority will be on the child's/parents emotional and physical safety.

## Working with parents

In order to support parents, we will:
- Highlight sources of information and support about mental health and emotional wellbeing on our school website
- Communicate our concerns (where appropriate and not putting the child at risk) with parents as and when they arise
- Ensure parents know who to talk to as and when situations arise
- Share strategies with parents about how to promote positive mental health
- Keep parents informed of our RSH
- RSHE and PHSE curriculum and topics that will be covered

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**<u>Working with other agencies</u>**

There are multiple agencies that we work with to support the emotional and mental wellbeing of our children. Where referrals are required, we would seek parental consent to do this (providing that this doesn't put the child at any risk of further harm).
- School Nurse
- Emotionally Healthy Schools
- Cheshire East Autism Team
- Educational Psychology
- Cornerstones (alternative education provision)
- Child and Mental Health Services
- Springfield outreach
- DOVE and other bereavement services
- Vysion
- Family Support Workers
- Social services

**<u>Appendix 1</u>**

**https://www.visyon.org.uk/**

**https://www.mycwa.org.uk/**

**https://www.cwp.nhs.uk/our-services/east-cheshire/children-and-young-people-wellbeing-hub**

**https://southcheshireclasp.org.uk/**

**https://livewellservices.cheshireeast.gov.uk/Services/1427**

**https://www.cheshireeast.gov.uk/livewell/care-and-support-for-children/are-you-concerned-about-a-child/cheshire-east-consultation-service-checs/checs.aspx**

**https://www.rubysfund.co.uk/**

**https://myhappymind.org/**

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