Eastcroft Park Primary School



Mental Health and Wellbeing Policy

Sept 2021

At Eastcroft Park, we are committed to supporting the positive mental health and wellbeing of our whole school community (children, staff, parents, carers and stakeholders). We recognise that mental health and emotional wellbeing is just as important to our physical health, and we place this at the heart of everything that we do.

At Eastcroft Park 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.

How the policy was developed

This policy has been created through consultation with the school community. In developing the policy we have taken account of:

- Promoting children and young people's emotional health and wellbeing (Public Health England, 2015).
- Anna Freud school staff wellbeing documents.
- Optimus Wellbeing Award audit tool.
- Links to other policies

This policy links to our:

- Child Protection Policy,
- Anti-Bullying Policy
- SEND Offer
- Positive Behaviour Policy.
- PSHE/RSE Curriculum (Jigsaw)

Teaching about mental health at Eastcroft Park

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.
- Adhering to a positive approach to behaviour management.
- Focusing on the 5 steps to wellbeing.
- 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.
- Our PSHE curriculum includes mindfulness and resilience, with all classes taking part in a weekly lesson.
- Celebrating wellbeing related celebrations and events, with access to information around the school.

- Signposting wellbeing workshops for parents and carers.
- Children to be aware that they can drop in and see a designated adult 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 Eastcroft Park 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.

** Please see external Staff Wellbeing Policy for more information.

Key staff supporting Mental Health at Eastcroft Park

Mental Health Lead –Alex Bennett

Deputy Mental Health Lead- Amanda Barry

Named Mental Health Governor – Sue Temple-Fielding

The 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.

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 informal chats, using our class daily check-ins, during PSHE lessons, use of class worry boxes and utilising class wellbeing champions as a peer support.

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. Changes can be as follows:

- 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 our school website and Twitter feed 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

We 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

- Healthy Young Minds
- School Nursing Service
- Children's Services.
- Therapists
- Family support workers.
- Educational psychology services
- Counselling services
- Monitoring and evaluation
- Local wellbeing groups/services

The mental health and wellbeing policy is on the school website and hard copies are available on request.

This policy will be reviewed annually.

Sept 2021

Signed: A Bennett