

Elworth C of E Primary School



Mental Health and Wellbeing Policy

Date:	August 2024
Review Cycle:	1 yearly
Reviewed By:	Sara Roberts
Approved By:	TB reviewed by full Governors
Next review date:	September 2025

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.

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.

Mental health is the responsibility of everyone. National statistics show that one in ten children and young people have a diagnosed mental health condition in their primary education. We know that there are many more children and young people who are suffering with their mental health who go undiagnosed.

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.

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.

We aim to develop a whole school culture relating to mental health where children, staff and parent feel they can talk about how they feel and know they will be supported. Our culture and ethos also 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 helping manage and support mental health challenges 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
- A tiered support system

Lead Member of staff and Pastoral Team

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:

- Mrs Sara Roberts- Deputy Designated Safeguarding lead, Mental Health Lead, ELSA, Attendance Champion
- Mrs Sarah Buckley- Assistant Headteacher, SENCo, Designated Safeguarding lead, Looked after Children's lead
- Neil Garratt (Headteacher)
- Cathryn Houghton (Chaplin)

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

Useful links for parents are included in appendix 1

Working with other agencies

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)
- Children and young person mental health hub
- CAMHS
- Springfield outreach
- DOVE and other bereavement services
- Vysion
- Family Support Workers
- Social services

Mental Health and attendance

Elworth CE sets out and maintains high expectations for the attendance, engagement and punctuality of children who are anxious about attending school. We recognise that some, in many instances, attendance at school may serve to help with the underlying issue as much as being away from school might exacerbate it, and prolonged periods of time off can heighten anxiety about attending in the future.

We will work with families to help remove barriers to school refusal due to mental health issues, however parents are responsibility for ensuring their children attend school on time and regularly. School does not have to complete home visits to try and encourage children to attend school.

Where required, school will put in place reasonable adjustments to ensure school is accessible for children with mental health difficulties.

If children are off school due to a mental health concern, parents still have to contact school on each day of absence and actively work with school to reintegrate their child back into education.

Appendix 1

<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/>

Policies linking to the mental health policy

Child protection and safeguarding policy

Attendance policy

PHSE/RSE policy

SEN policy

SMSC Policy

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