

Leverton Church of England Academy



Mental Health & Wellbeing Policy

October 2021

Policy updated	By Mrs J Bailey
Adopted by Governing Body	
Next Review date	October 2023

Statement of Intent

Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. (World Health Organization)

At Leverton C of E Academy our Christian vision shapes all we do. We provide our children with the opportunities to flourish spiritually, academically and as confident individuals. We believe that nurturing the mental health and wellbeing of pupils is a key part of holistic education which supports human flourishing. It is evident that good emotional and mental health has a direct link with engagement in academic learning. Therefore, as a school, we aim to ensure the positive promotion of good mental health and wellbeing is a crucial and forms part of an embedded approach across the school's ethos, spiritual development and wider school curriculum.

Scope

This document describes the school's approach to promoting positive mental health and wellbeing and is intended as guidance for all staff including non-teaching staff and governors. This policy should be read in conjunction with our medical policy in cases where a pupil's mental health and wellbeing overlaps with or is linked to a medical issue and the SEND policy where a pupil is identified as having a special educational need.

Our Aims:

- Promote positive mental health and wellbeing in all staff and students
- Increase understanding and awareness of common mental health issues
- Alert staff to early warning signs of mental ill health
- Provide support to staff working with young people with mental health issues
- Provide support to pupils suffering mental ill health and their peers and parents or carers

Lead Members of Staff

Whilst all staff have a responsibility to promote the mental health of students, staff with a specific, relevant remit include:

Designated Safeguarding Leads: Miss R Chadwick & Mrs J Bailey

SENCO: Mrs J Bailey

Mental Health Lead: Mrs J Bailey

PSHE/Healthy living Coordinator: Mrs J Bailey

Any member of staff who is concerned about the mental health or wellbeing of a pupil should speak to the mental health lead in the first instance. If there is a fear that the student is in danger of immediate harm then the normal child protection procedures should be followed with an immediate referral to the designated safeguarding lead, the head teacher or the designated governor. If the pupil presents a medical emergency

then the normal procedures for medical emergencies should be followed, including alerting staff with first aid training and contacting the emergency services if necessary. Where a referral to CAMHS is required, the teacher will work alongside the mental health lead to initiate this.

Individual Care Plans

Where a child's mental health is causing significant concern, an individual care plan will be created. This will involve the pupil, the parents and relevant health professionals and should include:

- Details of a pupil's condition
- Special requirements and precautions
- Medication and any side effects
- What to do and who to contact in an emergency
- The role the school can play

Teaching about Mental Health and Wellbeing

The skills, knowledge and understanding needed by our pupils to keep themselves and others physically and mentally healthy and safe are included as part of our developmental 'healthy living' curriculum. The specific content of lessons will be determined by the cohort being taught but there will always be an emphasis on enabling pupils to develop the skills, knowledge, understanding, language and confidence to seek help, as needed, for themselves or others. As a school we have adapted the resources and planning provided by the PSHE association which ensures mental and physical health is taught throughout each year group and is always given a high priority during lessons and around school.

Signposting

We will ensure that staff, pupils and parents are aware of sources of support within school and in the local community. The support available locally, who it is aimed at and how to access it is outlined in Appendix 1. Relevant child friendly support posters will be displayed in communal areas and classrooms. These will highlight who and where to access help. Relevant documentation and support will be provided for parents on a regular basis through the normal channels of communication, ensuring that mental health and well-being is high on the school's agenda.

Warning signs

School staff are aware of and alert to the warning signs that might indicate a pupil is experiencing mental health or emotional wellbeing issues. These warning signs should always be taken seriously and staff observing any of these should report these on our safeguarding system CPOMS or alert the designated safeguarding lead if urgent action is required. The designated safeguarding lead and mental health lead may be alerted to a concern that has been raised by more than one member of staff through their regular CPOMS check and will initiate professional dialogue with the child's class teacher and parent.

Possible warning signs include:

- Physical signs of harm that are repeated or appear non-accidental

- Changes in eating/sleeping habits
- Increased isolation from friends or family, becoming socially withdrawn
- Changes in activity and mood
- Lowering of academic achievement
- Talking of joking about self-harm or suicide
- Abusing drugs or alcohol
- Expressing feelings of failure, uselessness or loss of hope
- Changes in clothing - e.g. long sleeves in warm weather
- Secretive behaviour
- Skipping PE or getting changed secretly
- Lateness to or absence from school
- Repeated physical pain or nausea with no evident cause

Managing disclosures

Where a pupil makes a disclosure of concerns around themselves or a friend, staff must report this using CPOMS and follow the safeguarding policy and procedures. If a pupil chooses to disclose concerns about their mental health or that of a friend to a member of staff, staff responses must remain calm, supporting and non-judgemental. Staff should listen rather than provide advice and reassure the pupil they have done the right thing by asking for help. It is important to be honest with regards confidentiality, explaining to the pupil who we are going to talk to about the issues, what we will tell them and why we need to tell them. Any disclosure should be discussed with the mental health lead and where appropriate support will be offered to the staff dealing with any significant incidents. More information about disclosures and confidentiality procedures can be accessed from the safeguarding policy.

Working with parents

Where there are concerns around a child's mental health and wellbeing we will have discussions with parents unless we are concerned that this will have a negative impact on the child's mental health and wellbeing and therefore a referral to MASH may be needed. Contacting parents about these concerns could be a shocking and upsetting time for parents and we should be aware that this could cause anger, fear or upset upon the first conversation. School will work with parents to agree a good time and place to discuss the concerns when parents have had the time to take on board and understand these initial concerns. Where we are able to, school will source and provide information leaflets for parents to take home and read before meeting together more formally. As a school we will ensure parents are regularly informed of the most up to date services in the local area such as parent helplines and forums. Meetings held will be focused on an assess-plan-do-review cycle to put plans in place to see an improvement in the concerns raised and meeting minutes will be kept on record should concerns escalate or return in the future.

Working with ALL parents

As a school we feel it is important to be open and transparent with parents about what the children learn about in school and how support can be accessed. In order to make this possible we will:

- Provide regular sources of information and support regarding mental health and wellbeing through Class Dojo
- Ensure all parents are aware of who they can talk to about any concerns they have about their own or any other child's mental health and wellbeing
- Ensure the Mental Health wellbeing policy is available on our website
- Keep parents informed about the mental health topics their children are learning about in the children's healthy living lessons

Supporting peers

When a pupil is suffering from mental health issues, it can be a difficult time for their friends. Friends often want to support but do not know how. In the case of self-harm or eating disorders, it is possible that friends may learn unhealthy coping mechanisms from each other. In order to keep peers safe, we will consider on a case by case basis which friends may need additional support. Support will be provided either in one to one or group settings and will be guided by conversations by the pupil who is suffering and their parents with whom we will discuss:

- What is helpful for friends to know and what they should not be told
- How friends can best support
- Things friends should avoid doing, saying which may inadvertently cause upset
- Warning signs that their friend needs help (e.g. signs of relapse)

Additionally, we will want to highlight with peers:

- Where and how to access support for themselves
- Safe sources of further information about their friend's condition
- Healthy ways of coping with the difficult emotions they may be feeling

Training

Staff will be trained in recognising and responding to mental health issues as part of their regular child protection training in order to enable them to keep pupils safe. Staff will be encouraged to deepen their knowledge about mental health by accessing the MindEd learning portal which offers free online training suitable for staff wishing to know more about specific issues. Training opportunities for more in-depth knowledge will be considered as part the performance management process and additional CPD opportunities will be offered where it is appropriate to the staff member or school situation.

Policy review

This policy will be updated on a two year cycle with any additions being made on an ad hoc basis depending on the needs of the school and any specific government agendas.

APPENDIX 1

<u>Who?</u>	<u>What for?</u>	<u>How?</u>
Parentline	Healthy Family Teams confidential texting service to provide parents and carers advice around feeding, child development, parenting advice and support, emotional health and wellbeing, behaviour difficulties and family health.	07520 619919
Chat Health	this is a confidential texting service for 11 to 19 year olds in Nottinghamshire Healthcare NHS Trust.	07507 329952
Childline	National organisation for children to access	0800 1111 www.childline.org.uk
Kooth	An online counselling service and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.	www.kooth.com
Health4teens	This is an NHS site supporting young children and parents.	www.healthforteens.co.uk
Notts Help Yourself	This is a site for advice, information and local services available.	www.nottshelpyourself.org.uk
CAMHS	Child and adolescent mental health services. This is for the crisis team Referrals can be made for children requiring specialist support	Tel 01158542299 or 01158440560 CAMHSCrisisTeam@nottshc.nhs.uk
Young Minds	UK's leading charity fighting for children and young people's mental health.	www.youngminds.org.uk
BPBP Bassetlaw primary behaviour partnership	Bassetlaw company specialising in SEMH difficulties. Range of support offered to professionals, parents and pupils. Training programme accessible by staff in school	Referral to be made by school www.bpbp.org.uk
Anna Freud	National website with access to training, information, parent guides, teacher guides etc for a range of mental health issues and needs.	www.annafreud.org



At Leverton C of E Academy

Keeping you safe

You can speak to any adults about anything that is worrying you. There are three adults who have the special job of keeping you safe:



How are you feeling today?



happy



anxious



sad



angry



excited



calm

6 things you can do to help you feel good

Talk to someone you trust about how you're feeling



Go outside and get some fresh air



Listen to your favourite music



Keep active - run around or play games



Eat lots of healthy food



Have a good night's sleep



Need someone to talk to?

Call Childline for free
0800 1111



In an emergency, text SHOUT
85258