



'At Yealmpstone Farm Primary School we promote equality between all people recognising the Equality Act 2010'

Mental Health and Wellbeing Policy

This policy was written in consultation with staff, pupils, parents and professionals involved in mental health and wellbeing.

Policy Statement

At Yealmpstone Farm Primary School, we are committed to supporting the emotional health and wellbeing of our pupils and staff.

We have a supportive and caring ethos and our approach is respectful and kind, where each individual and contribution is valued.

At our school we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

At our school we:

- help children, staff and parents to understand their emotions and feelings better
- help children, staff and parents feel comfortable sharing any concerns or worries
- help children, staff and parents socially to form and maintain relationships.
- promote self esteem and ensure children know that they count.
- encourage children, staff and parents to be confident and 'dare to be different'
- help children, staff and parents to develop emotional resilience and to manage setbacks.

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.
- Access to appropriate support that meets their needs

We pursue our aims through:

- Universal, whole school approaches
- Support for pupils going through recent difficulties including bereavement.
- Specialised, targeted approaches aimed at pupils with more complex or long term difficulties including attachment disorder.

Scope

This policy should be read in conjunction with our our SEN policy. This policy should also be read in conjunction with policies for Behaviour and Anti-bullying policies. It should also sit alongside child protection procedures.

Lead Members of Staff

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

- Heidi Price (Headteacher) Designated child protection / safeguarding officer.
- Esther Archer (Assistant Headteacher) child protection / safeguarding officer
- Viki Allen (Year 5 Teacher & SEN) child protection / safeguarding officer
- Kelly Tompkins PSA, ELSA and child protection / safeguarding officer

Teaching about Mental Health

The skills, knowledge and understanding needed by our students to keep themselves mentally healthy and safe are included as part of our developmental PSHE curriculum.

The specific content of lessons will be determined by the specific needs of the cohort we're teaching but we will also use the PSHE Association Guidance to ensure that we teach mental health and emotional wellbeing issues in a safe and sensitive manner.

Targeted support

The school will offer support through targeted approaches for individual pupils or groups of pupils which may include:

- Managing feelings resources e.g. 'worry boxes' and 'worry eaters'
- Primary Group Work/Mental health and wellbeing groups
- ELSA support groups.
- Therapeutic activities including art, drama, relaxation and mindfulness techniques.
- Learning Mentor
- Sensory Rooms on site
- YFPS Is a TIS (Trauma Informed School)

Signposting

We will ensure that staff, pupils and parents are aware of what support is available within our school and how to access further support.

Identifying needs and Warning Signs

All staff must use CPOMS to record any concerns or issues related to children's welfare.

School staff may also become aware of warning signs which indicate a student is experiencing mental health or emotional wellbeing issues. These warning signs should always be taken seriously and staff observing any of these warning signs should communicate their concerns with the designated child protection and safeguarding officer or the emotional wellbeing lead as appropriate.

Possible warning signs include:

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

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
- Share and allow parents to access sources of further support e.g. through parent forums.
- Ensure that all parents are aware of who to talk to, and how to get about this, if they have concerns about their child.
- Make our emotional wellbeing and mental health policy easily accessible to parents
- Share ideas about how parents can support positive mental health in their children.
- Keep parents informed about the mental health topics their children are learning about in PSHE and share ideas for extending and exploring this learning at home.

Working with other agencies and partners

As part of our targeted provision the school will work with other agencies to support children's emotional health and wellbeing including:

- The school nurse
- Educational psychology services
- Paediatricians
- CAMHS (child and adolescent mental health service)
- Counselling services
- Family support workers
- Therapists

Social Media and Mental Health Wellbeing

In a study carried out by Barnardo's about the effects of social media on children and young people's mental health and wellbeing, they gathered insight from 80 practitioners across more than 30 Barnardo's services in the UK.

Half of these practitioners responding said they had worked with children aged five to 10 who had been exposed to unsuitable or harmful materials online, and more than one third said children in that age group had been victims of cyberbullying. See -

<https://www.barnardos.org.uk/campaign-with-us/childrens-social-media-and-mental-health>.

The NSPCC offer advice and guidance about online safety and the effects of children's mental health; <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Yealmpstone Farm Primary School support the use of age-appropriate IT access alongside adult supervision.

Training

As a minimum, all staff will receive regular training about recognising and responding to mental health issues as part of their regular child protection training in order to enable them to keep students safe.

Training opportunities for staff who require more in depth knowledge will be considered as part of our performance management process and additional CPD will be supported throughout the year where it becomes appropriate due to developing situations with one or more pupils.