



Rosh Pinah Primary School

Mental Health and Wellbeing Policy

Date of Ratification: December 2020

Date for Review: September 2023

Rationale

At Rosh Pinah we are committed to supporting the positive mental health and wellbeing of our whole school community (children, staff, parents and carers). We recognise that mental health and emotional wellbeing is just as important to our lives as our physical health.

At Rosh Pinah we:

- Help children to understand their emotions and feelings better
- Help children to feel comfortable sharing any concerns or worries
- Help children to form and maintain relationships
- Promote self-esteem and ensure children know that they count
- Encourage children to be confident and 'dare to be different'
- Help children to develop emotional resilience and to manage setbacks.

We promote a mentally healthy environment through:

- Our school values and encouraging a sense of belonging
- Pupil voice and opportunities to participate in decision-making
- Celebrating both academic and non-academic achievements
- Providing opportunities to develop a sense of worth by taking responsibility for themselves and others
- Providing opportunities to reflect
- Accessing support that meets the needs of individuals
- Mental Health and Personal, Social, Health and Emotional (PSHE) sessions for all year groups
- Wellbeing Week and access to information around the school
- Information for parents and carers.

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.

Teaching about Mental Health

The lesson content is determined by the specific needs of the cohort in conjunction with the Personal, Social, Health and Emotional (PSHE) Association Guidance which ensures that we teach the skills, knowledge and understanding necessary for children to keep themselves mentally healthy 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:

- Circle time approaches
- Targeted use of PSHE resources
- Managing feelings resources e.g. 'worry boxes' in classrooms
- Workshops and visitors teaching key issues within PSHE Curriculum
- Mental health and wellbeing support services e.g. Trailblazer and the Primary Mental Health Team formerly known as CAMHS (Child and Adolescent Mental Health) in School
- Therapeutic activities including art, Lego and relaxation and mindfulness techniques.

Signposting

We will ensure that staff, student and parents/carers are aware of the support and services available to them, and how they can access these services. In School (noticeboards, staff room/communal areas, toilets etc.) and through our communication channels (newsletter, website), we will share and display relevant information about local and national support services and events.

The aim of this is to ensure staff, pupils and students understand:

- What help is available
- Who it is aimed at
- How to access it
- Why should they access it
- What is likely to happen next

Identifying Needs and Warning Signs

All staff will monitor their pupils and report on a range of possible difficulties including:

- Attendance
- Punctuality
- Relationships
- Approach to learning
- Physical indicators
- Negative behaviour patterns
- Family circumstances
- Recent bereavement
- Health indicators.

School staff may also become aware of further warning signs which may indicate a pupil is experiencing mental health or emotional wellbeing issues. All warning signs will be taken seriously and staff observing any signs change should communicate their concerns with the Designated Safeguarding Lead (DSL) who will share the information as appropriate with the relevant staff members.

Further 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
- 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.
- 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 to support children's emotional health and wellbeing the School will work with other agencies including:

- The School Nurse
- Educational Psychology Services
- Emotional and Wellbeing support through the Trailblazer Project
- Paediatricians
- The Primary Mental Health Team formerly known as CAHMS
- Counselling Services
- Family Support Workers
- Therapists

Training

As a minimum, all staff will receive regular training about recognising and responding to mental health issues. A nominated member of staff will receive professional Mental Health First Aid training or equivalent.

The School will host relevant information on our website for staff who wish to learn more about mental health for example information on how to access the MindEd learning portal which provides free online training suitable for staff wishing to know more about a specific issue.

Where the need for specific training becomes evident, we will host twilight training sessions for all staff to promote learning or understanding in that area.