



Mental Health and Emotional Wellbeing Policy

Effective from: November 2024

Review: Autumn 2026

Policy confirmed by the Governing Body of Grace Mary Primary School on:

Date: Wednesday 6th November 2024

(Chair of Governors) Signature: _____

(Head Teacher) Signature: _____

Intent

At Grace Mary 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 to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships
- promote self-esteem and ensure children know that they count
- encourage children to be confident and to comfortably be themselves.
- help children 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 anxiety or attachment disorder.

Scope

This policy should be read in conjunction with our Medical policy and our SEND policy in cases where pupils mental health needs overlap with these. This policy should also be read in conjunction with policies for Behaviour and Anti-bullying, and PSHE (inc RHE) and SMSC policies. It should also sit alongside child protection procedures.

Implementation:

Lead Members of Staff

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

- Clare Sturmeay/Lisa Smith- Designated Safeguarding Lead/Mental Health first aiders for adults and children.
- Laura Willetts – Deputy Designated Safeguarding Lead/ Designated Child in Care Teacher/Mental Health and Emotional Wellbeing lead/ Mental Health first aider for children.

Teaching about Mental Health

The skills, knowledge and understanding needed by our pupils 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 Jigsaw Curriculum and Guidance to ensure that we teach mental health and emotional wellbeing issues in a safe and sensitive manner. We also work in collaboration with Sandwell Inclusion Support SEMH advisory teacher and Sandwell Mental Health Support Team (Reflexions) and seek advice for individual or groups of children when required.

Targeted support

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

- o Circle time approaches or 'circle of friends' activities.
- o Targeted use of Healthy Minds, Happy Me resources.
- o Managing feelings resources e.g. 'worry boxes' and 'worry monsters'
- o Managing emotions resources such as 'the 5-point scale'
- O Ideal self work
- O Nurture provision
- o Trusted adults in place
- o Emotion coaching on a 1:1 or small group basis.
- O Therapeutic activities including art, play, Lego and relaxation and mindfulness techniques.

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. These will be shared through lesson sessions with children, the school website and during meetings with parents. An example of these includes

Reflexions, Child Line, NSCCP, BEAM therapy, Kooth online (ages 11+), Early Help Support, Family Hub, Murray Hall. A directory of mental health support is available on our school website.

Identifying needs and Warning Signs

School staff may 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 wellbeing team as appropriate by logging information on our school recording system, CPOMS.

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

During pupil progress meetings, with Senior Leaders and Wellbeing staff present, all staff will comment on the wellbeing of their individual pupils. The aim of this is to identify a range of possible difficulties including:

- Attendance (including emotional based, school avoidance (EBSA))
- Punctuality
- Relationships
- Approach to learning
- Physical indicators
- Negative behaviour patterns
- Family circumstances
- Recent bereavement
- Health indicators

Where necessary, next steps will be established in the meeting including who is responsible for carrying on the actions agreed.

Working with Parents

To support parents, we will:

- Have an open-door policy and ensure staff are available to speak to parents as the earliest opportunity regarding a concern around mental health and emotional wellbeing. A specific email address (familysupport@gracemary.sandwell.sch.uk) is available for parents to directly contact the wellbeing team for support in a more confidential manner.
- 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
- Ensure that all parents are aware of who to talk to, and how to go about this, if they have concerns about their child
- Make our emotional wellbeing and mental health policy easily accessible to parents via the school website
- Share ideas about how parents can support positive mental health in their children through school newsletters, materials from the Mental Health Support Team and other relevant materials including 'zones of regulation' resources.
- 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 (see PSHE curriculum webpage).

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:

- o The school nursing team
- o Educational psychology services through Sandwell Inclusion Support Services
- o SEMH support through Sandwell Inclusion Support Services
- o Reflexions - School Mental Health Support Team (MHST)
- o Paediatricians
- o CAMHS (child and adolescent mental health service)
- o Counselling services
- o Family support workers
- o Therapists

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. The MindEd learning portal provides free online training suitable for staff wishing to know more about a specific issue. 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.

Impact:

The school will make use of resources to assess and track wellbeing as appropriate including:

- o Strengths and Difficulties questionnaire
- o Wishes and feelings and or/talking mats
- o The Boxall Profile
- o Professional discussions within schools and with external professionals as necessary
- o Feedback from parents
- o Attendance data
- o Pupil voice and observation from behaviours
- o Reports from outside agencies including Reflexions
- o Feedback and information collected in PSHE lessons in-line with the PSHE policy

Relevant agencies:

Reflexions:

Reflexions is a Mental Health Support Team (MHST). The service aims to help increase access to mental health support for children and young people in schools.

Information is available for children, young people, parents and carers. Leaflets are available from the school foyer.

Telephone - 0121 612 6620

Email - bchft.reflexions@nhs.net

Child and Adolescent Mental Health Service - CAMHS

They support children and young people aged 0-18 with a wide range of mental health difficulties in Dudley, Sandwell, Walsall and Wolverhampton.

The team of trained Children's mental health professionals work, every day towards recovery, with young people who are experiencing mental health difficulties such as psychosis, eating disorders and anxiety/depression. The focus is on helping the young

person understand their mental health issues, build coping skills and find change through a range of therapeutic interventions.

Tel: 0121 612 6620

Email: bchft.sandwellspa@nhs.net

Childline:

Childline is there to help anyone under 19 in the UK with any issue they're going through. Childline is free, confidential and available any time, day or night. Childline is a service that's run by the NSPCC

Telephone - 0800 1111

website – [Childline | Childline](#)

NSPCC:

The NSPCC is a charity-based organisation that support children that have been abused. You can contact them at anytime to report a concern or seek support.

Telephone – 0808 800 5000

website – [NSPCC | The UK children's charity | NSPCC](#)