



St Raphael's Catholic Primary School Mental Health and Emotional Wellbeing Policy

Date Prepared: June 2022

Date Approved by Governing Body: October 2022

Date to be reviewed: October 2024

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Policy Statement

At St Raphael's Catholic Primary School, we are committed to supporting the mental health and 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 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 will help our children and staff:

- to understand their emotions and feelings better
- to feel comfortable sharing any concerns or worries
- to help socially to form and maintain relationships.
- promote self esteem and ensure everyone feels valued and knows that they matter.
- to 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:

- Promoting our school Gospel 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 for both children and staff

We pursue our aims through:

- Universal, whole school approaches
- Support for pupils going through recent difficulties including bereavement.
- Support for staff 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 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 and RSE policies. It also sits 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:

- Lynn Lakner / Dave Matthews - Designated child protection / safeguarding officer / Mental Health and Emotional wellbeing leads
- Gail Southworth - Designated child protection / safeguarding officer
- Karen Neale SENCo

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 PSHE and RSE curriculums.

The schemes of work for these curriculum areas will be followed but specific content of lessons may also be determined by the specific needs of the cohort. Mental health and emotional wellbeing issues will be taught in a safe and sensitive manner. Any disclosures or areas of concern will be reported to a DSL immediately.

Targeted support

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

- Nurture groups for specific pupils with identified needs
- Circle time approaches
- Managing feelings resources e.g. 'worry boxes' and 'worry eaters'.
- Therapeutic activities including art, lego, forest school 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.

Identifying needs and Warning Signs

All staff will be aware of the EHWB of their pupils. At weekly staff meetings Pastoral/EHWB will be discussed and noted. Staff will be mindful and aware of a range of possible difficulties including:

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

Staff may also become aware of warning signs which 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 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 with parents sources of information or further support
- Ensure that all parents are aware of who to talk to if they have concerns about their child.
- Make our emotional wellbeing and mental health policy easily accessible to parents via the school website

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- 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 via half termly overviews and share ideas for extending and exploring this learning at home when available.

Working with other agencies and partners

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

- The school nurse
- Educational psychology services
- Behaviour support
- Paediatricians
- CAMHS (child and adolescent mental health service)
- Counselling services
- Family support workers
- Therapists/Support groups eg Anthony Seddon Group

Disclosures

If a child discloses a mental health concern or a member of staff identifies a concern they should notify the headteacher or another Safeguarding lead immediately. A report should also be made on MyConcern.

Training

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 pupils 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.