

# **Barlaston C.E (VC) First School**

## **“Let Your Light Shine”**

### **Pupil Mental Health and Wellbeing Policy**

#### **Our Ethos**

Let Your Light Shine (Matthew 5:16)

#### **Our Vision Statement**

Let your light shine through family, friendship and faith

#### **Our Spirituality Vision**

Spirituality is an ever changing journey through life, connecting each individual with something bigger than themselves

#### **Equality Statement**

The school is committed to providing the full range of opportunities for all pupils, regardless of gender, disability, ethnicity, social, cultural or religious background. All pupils have access to the curriculum, and the right to a learning environment, which dispels ignorance, prejudice or stereotyping.

#### **Dyslexia Statement**

To ensure that children on the dyslexic spectrum have equal opportunities and that their diverse strengths are celebrated and built on.

#### **Safeguarding Statement**

The school is committed to safeguarding and promoting the welfare of children and young people/vulnerable adults and expect all staff and volunteers to share this commitment

#### **Policy Statement**

*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 Organisation)*

Mental Health and Wellbeing is crucial for our children to feel safe, secure and confident to let their light shine at all times. We aim to ensure all pupils have their needs met and pursue this aim by using both universal, whole school approaches and specialised, targeted approaches for specific or vulnerable pupils. In addition to promoting positive mental health, we aim to recognise and respond to mental ill health. In an average classroom, three children will be suffering from a diagnosable mental health issue. By developing and implementing practical, relevant and effective mental health policies and procedures we can promote a safe and stable environment for pupils effected directly and indirectly by mental ill health.

#### **The Policy Aims to:**

- Promote positive mental health in all pupils
- Increase understanding and awareness of common mental health issues
- Alert staff to early warning signs of mental ill health
- Provide support for pupils with mental health issues

- Provide support for pupils suffering mental ill health and their peers, parents/ carers

### Individual Care Plans

ICPs will be drawn up for pupils causing concern or who receive a diagnosis pertaining to their mental health.

This should be drawn up involving the pupil if applicable, the parents and relevant health professionals. This can 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

### Curriculum Coverage

The skills, knowledge and understanding needed by our pupils to keep themselves and others safe and well is taught through the PSHE curriculum.

The specific contents of the lessons may differ year on year to meet the needs of each cohort.

### Warning Signs for Staff to be Aware of

Staff will be trained to recognise the warning signs of pupils experiencing mental health and emotional wellbeing issues. Any signs should be reported to the head teacher.

These signs may include:

- Physical signs of harm that are repeated or appear non-accidental
- Changes in eating or sleeping habits
- Increased isolation from friends, becoming socially withdrawn
- Changes in activity and mood
- Lowering of academic achievement
- Showing attempts or talking about self-harm
- Expressing feelings of uselessness
- Secretive behaviour
- Not wanting to get changed for PE
- Absence from school

### Working with Parents

It can be shocking and upsetting for parents to learn of their child's issues. We will approach such conversations with empathy and understanding, ensuring that parents feel supported and able to work with the school to support their child.

We will, wherever possible, signpost parents to external support systems for their child and work with known agencies to provide support within school, ensuring that the parents are included in conversations where appropriate.

### Working with the Pupil

We will ensure that all pupils with mental health and wellbeing issues feel supported within schools, and that they feel secure to share their mental health and wellbeing concerns with staff.

We will always listen and respond to the child in a supportive, calm, non-judgemental manner.

Pupils will be made aware that school can instigate support and help for the individual, and that they will feel involved in all parts of the support given.

### Support from Their Friends

Often it may be a child's friend who speaks to a member of staff about their friend's mental health issues. Sometimes, it may be a friend who is causing the situation. By knowing our children well, we will be able

to gauge how friends will play a part in helping an individual to cope with their issues, and whether support from peers will be helpful and supportive to the child concerned.

#### Support Within School

- School may organise any of the following, or similar activities:
  - Whole school mental health/ wellbeing theme days
- External speakers
- Using key mental health awareness days to discuss issues
- Include Yoga and mindfulness in the school day

Updated Nov 2022