



Mental Health and Emotional Wellbeing Policy

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Chair of Committee: Peter Cade

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Mental Health and Emotional Wellbeing Policy

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1. Statement

We all have mental health. Mental health relates to how we think, feel, behave and interact with other people.

At Ivy House School, we are committed to promoting positive mental health and wellbeing for our pupils, their families and members of staff and Academy Councillors.

Ivy House School is a happy, supportive and caring environment where pupils are nurtured, praised and acknowledged for who they are.

We acknowledge that mental health is everybody's business and we all have a role to play in that.

2. Aims

To promote positive mental health and wellbeing for our pupils, families and staff Ivy House School aims to:

- Create an environment and ethos that promotes respect and values diversity.
- Provide targeted therapies to meet the needs of the children.
- Provide a dedicated wellbeing team within school to support pupils, families and staff.
- Work in partnership with other agencies and partners.
- Work together with families.

3. Key Staff

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



Claire Porter – Safeguarding and Pastoral Lead / Mental Health Lead.
Specialises in Adult Mental Health



Tara Gaskin – Mental Health First Aider
Specialises in Child / Youth Mental Health



Alex Paul – Mental Health First Aider
Specialises in Child / Youth Mental Health



Rachel Whittaker – Mental Health First Aider
Specialises in Child / Youth Mental Health



Moira Coleman –Academy Councillor Mental Health Lead.

4. Working with our children and young people

We understand the complex barriers that our children face within communication and understanding feelings and emotions; therefore, we have a key worker system within school.

The keyworkers know the children well and act as advocates; by building relationships keyworkers will understand many forms of communication – including body language, facial expressions, and vocalisations.

To promote positive mental health of our pupils we will:

- Support children and young people to communicate their feelings and emotions.
- Support children and young people to understand their emotions and feelings better.
- Support children feel comfortable to express their feelings appropriately.
- Support children to form and maintain relationships.
- Promote self-esteem and confidence.
- Support children to develop emotional resilience.

We will 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
- Access to appropriate support that meets their needs such as Educational Psychologist, Complex behaviour Team and Occupational Therapists.

5. Working with Parents

To support parents, we will:

- Highlight sources of information and support about mental health and emotional wellbeing on our school website
- Ensure that all parents are aware of who to talk to if they have concerns about their child or themselves.
- 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.

6. 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
- Therapists (such as Sensory Occupational Therapists, Music Therapists, Reflexology)
- Complex Behaviour Service
- Counselling services
- The Kite Team (specialist nurses who care for children and young people within the community)
- Learning Disability Nurses

7. Teaching about Mental Health

At Ivy House School, we want to ensure that all children become valuable and fully rounded members of society who are included in all areas and understand the importance of treating others with respect and tolerance, regardless of background.

We ensure that our curriculum includes opportunities to develop work against the areas of the schools' values; this includes providing all pupils with a voice that is listened to, and using extra-curricular activities to promote independence and self-help skills.

Through PSHE we recognise the skills, knowledge and understanding needed by our students to keep them mentally healthy and safe. These are included in the whole school curriculum as a core area of learning.

PSHE is linked to every child's EHCP and is delivered as an individual targeted curriculum through either topic, moving on units or functional skills.

8. Scope

This policy should be read in conjunction with:

- Child Protection Safeguarding Policy
- Behaviour Policy
- Special Educational Needs and Disabilities Policy
- Attendance Policy
- Relationship and Sex Education Policy

Appendix 1

Five ways to wellbeing

The New Economics Foundation has identified and set out five evidence-based things that we can all do to improve our wellbeing and resilience. These are:

Connect...

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

New Economics Foundation 2008

Appendix 2

Useful Contacts

- [Barnardos](#)

Barnardo's seeks to support children and young people with their mental health and wellbeing through early intervention and prevention.

- [C.A.L.M \(Campaign against living miserably \)](#)

CALM is a suicide prevention charity which operates a number of Front-line, Community and Campaign services/initiatives including a free and confidential helpline and webchat.

Helpline - 0800 58 58 58 (Open 5PM - Midnight)

- [Contact](#)

Contact is a national charity that provides a range of online, printed and free helpline advice, support and training for the parents and families of disabled children and young people. Their work includes physical and social, emotional and mental health (SEMH). Alongside their free helpline, they operate an online community where parents can chat to other families online about anything and everything that affects their child and family. Contact also runs Family Events right across the UK.

Email - info@contact.org.uk

Phone - 020 7608 7800

- [Derby – SEND – Information Advice and Support Service](#)

What do the services provide?

The service offers impartial information, advice and support to:

- children and young people with special educational needs (SEN)
- parents of children with SEN
- children and young people with disabilities
- parents of children with disabilities

- [Derby SEND – Local Offer](#)

The Derby SEND Local offer is a hub of information and advice for children and young people from 0 to 25 with special educational needs and disabilities (SEND) and their families.

They operate a directory of locally available services, and an A-Z of information pages.

Helpline - 01332 640758

Text Service - 07585 960083

- [The Education Support Partnership](#)

The Education Support Partnership champions' good mental health and well-being among teachers, lecturers, school leaders and support staff.

They can offer 24/7 advice, support and counselling

Phone - 08000 562 561

- [Hope again and Cruse](#)

Hope Again is Cruse Bereavement Care's website for young people. Cruse is a national charity that provides support, advice and information to children, young people and adults when someone close to them dies. Cruse operates a national freephone Helpline as well as dedicated local services.

Email - Derby@cruse.org.uk

Phone - 01332 332098 (Derby) \ Helpline - 0808 808 1677

- [Qwell](#)

Qwell is a free online Mental Health and Wellbeing resource for parents and carers of young people under the age of 18 that requires no formal referral, instead only requiring the user to set up an account on the website. Available 365 days of the year. The service provides access to accredited counselling support, peer support via online forums and relevant articles detailing a variety of topics.