



Mental Health and Wellbeing Policy

At Spa Camberwell, we are committed to supporting the emotional health and wellbeing of our pupils and staff.

We know that mental wellbeing is as important as physical wellbeing and we ensure all members of our school community get the support they need, when they need it. We know that people with autism may have specific challenges around maintaining good mental health and we work hard to ensure these needs are identified and met.

We have an ethos of kindness and compassion where everyone is valued.

At Spa we:

- help pupils to understand their emotions and feelings better through the Zones of Regulation
- help pupils have the communication skills needed to share any concerns or worries
- help pupils socially to form and maintain relationships with a range of people
- promote self-esteem and ensure pupils know that they are important and valued
- help pupils 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 all achievements, both academic and non-academic
- Providing opportunities to develop a sense of worth and resilience
- Access to appropriate support that meets their needs

We pursue our aims through:

- Universal, whole school approaches
- Specialised, targeted support for those in need
- Referrals and signposting to external organisations when specialist help is required

Scope

This policy should read in conjunction with our safeguarding policy, behaviour policy, staff handbook and PSHE policy.

Lead member of staff

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

- Steph Lea – Designated Safeguarding Lead for the Trust
- Harriet Mesagan – Family Liaison Officer
- Erin McCarthy – Deputy Safeguarding Lead and Mental Health First Aider
- Rian Ehlers -Senior Mental Health Lead

Teaching about Mental Health

The skills, knowledge and understanding needed by our students to keep themselves mentally healthy and safe are included as part of our PSHE curriculum. There is a clear, long-term plan, and mental health, resilience and RSE are key parts of this curriculum. We are members of the PSHE Association Guidance and use their recommended resources to teach about mental health and emotional wellbeing issues safely and sensitively. All pupils are taught how to use and apply the Zones of Regulation, and this language is used across the entire school. Social Communication lessons are also used to teach about kindness, tolerance and respect. Being kind is a topic that is addressed in assembly throughout the year.

Targeted support

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

- Art therapy
- Music Therapy
- Yoga
- Mindfulness
- Ensuring allocated time with a trusted adult for scheduled, regular check-ins.

Signposting

We will ensure that staff, pupils and parents are aware of the support available to them both in school and out. This may include:

- The Nest in Southwark <https://www.thenestsouthwark.org.uk/>
- Kooth - <https://www.kooth.com/signup/where-do-you-live>
- Place 2Be <https://www.place2be.org.uk/our-services/>
- Southwark CAMHS
- School Nurse Service
- Family Early Help
- Southwark's Local Offer <https://localoffer.southwark.gov.uk/wellbeing/mental-and-emotional-health-services>

Identifying needs

People with autism are at higher risk of developing poor mental health. Many within our community have found the pandemic very stressful, and we are mindful that many have needed additional help. Class teams report any concerns directly to their assistant head teacher. Lack of engagement, withdrawal, poor attendance, and change of mood or presentation can all be indicators that help is required.

Working with Families

We have regular contact with all parents at our school via telephone, chats at the school gate, notes in the diary or quick e-mails. Our Family Liaison Officer works closely with families and works alongside our Assistant Headteachers to share or identify any concerns. We have regular parent sessions on a range of issues and with specialist providers. We have mindfulness sessions for families to access via Zoom. We will always share strategies that have been successful at school so they can be used at home. We have provided Mindapples sessions for families each year.

Working with other agencies

We work closely with:

- School Nurse Team
- CAMHS
- Family Early Help
- Southwark Educational Psychology Service
- SIAS

Staff support

We subscribe to Worklife Support (08000 856148), giving all staff access to free, confidential support and advice 24 hours a day. We ensure that staff know who they can speak to at school about support they may need. All staff have a return-to-work interview with their line manager if absent from work to ensure that any support needs are identified.

We offer weekly yoga sessions for staff after school and allocate one whole school training session each term to supporting wellbeing. We run specific staff programmes such as Mindapples. We include a wellbeing focus in all staff appraisals.