



Mobberley C of E Primary School

Mental Health and Wellbeing Policy

**“Open Hearts, Open Minds, Open Doors”**

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.” – **Matthew 7:7**

Mobberley C of E Primary School is a vibrant learning community which promotes excellence and enjoyment, enabling all to fulfil their potential and lead useful, productive and happy lives.

As a Church of England School we aim to provide a place where each child feels safe, respected and valued as an individual.

**Policy Statement**

At Mobberley Primary School, we are committed to supporting the positive mental health and wellbeing of our whole school community (children, staff, parents and carers).

We have a supportive and caring ethos and our approach is respectful and kind, where each individual and contribution is valued.

We endeavour to ensure that children are able to manage times of change and stress and aim to ensure that they are supported to reach their potential or to access help when they need it.

We also have a role to ensure that children learn about what they can do to maintain positive mental health, what affects their mental health, how they can help reduce the stigma surrounding mental health issues, and where they can go if they need help and support.

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.

**Teaching about mental health**

We take a whole school approach to promoting positive mental health, aiming to help children become more resilient, happy and successful and to work in a pro-active way to avoid problems arising.

We do this by:

* Creating and applying consistent ethos, policies and behaviours that support mental health and well-being.
* Adhering to a positive, restorative approach to behaviour management.
* Helping children socially to form and maintain relationships.
* Helping children to feel comfortable about sharing any concerns or worries.
* Teaching children emotional skills and an awareness of mental health so that they understand their emotions and feelings better.
* Promoting self-esteem and ensuring children understand their importance in the world.
* Helping children to be resilient learners and to manage setbacks.
* Identifying children who have mental health challenges and planning support to meet their needs, including working with specialist services, parents and carers.
* Supporting and training staff to develop their skills and their own resilience.
* Developing an open culture where it’s normal to talk about mental health.

**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.

• Enabling access to appropriate support.

• Mental Health and PSHE for all year groups – using My Happy Mind and Jigsaw Curriculum.

**We pursue our aims through:**

• Universal, whole school approaches – My Happy Mind and Jigsaw sessions.

• Day to day support for pupils going through recent difficulties.

• ELSA intervention to focus on mental health, resilience, self-esteem and wellbeing.

**Quality First Teaching Strategies for all pupils include:**

* Worry Monsters
* Calm Down Boxes (fidget and sensory toys)
* Emotion Check in Displays in all classes
* Visual timetables

**Staff roles and responsibilities, including those with specific responsibility**

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

Clare Bentzien (SENDco and Senior Mental Health Lead)

Maddy Knowles (ELSA)

Suzanne Ashworth (ELSA)

**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.

**Early Identification and Warning Signs**

All staff will be vigilant in identifying a range of possible difficulties that may be contributing to a pupil’s poor mental health, including:

• Attendance

• Punctuality

• Relationships

• Approach to learning

• Physical indicators

• Negative behaviour patterns

• Family circumstance

• Recent bereavement

• Health indicators

School 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 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

**Assessment, interventions and support**

All concerns are reported to the designated adults within school and needs are assessed through a triage approach with SLT, class teachers and SENDCO to ensure the child gets the support they need, either from within the school or from an external specialist service, as quickly as possible.

**Working with parents and carers**

 Parents or carers can approach their child/children’s class teacher if they have mental health concerns. This will be cascaded to the Mental Health Lead for assessment.

**To support parents and carers we will:**

• Provide information online on mental health issues and local wellbeing and parenting programmes.

• Share ideas about how parents and carers can support positive mental health in their children. • Make our emotional wellbeing and mental health policy easily accessible to parents.

• Keep parents informed about the mental health topics taught in PSHE and share ideas for extending and exploring this at home.

•Send out a Wellbeing newsletter termly with tips and advice for parents at home.

**When a concern has been raised, teachers or the Mental Health Lead/SENDCO will**:

• Contact parents to discuss the outcome of any assessment.

• Discuss any relevant referrals to external agencies.

• Signpost parents to further information or provide resources to take away.

• Agree mental health care and protection plan where appropriate including clear next steps.

• Discuss how parents can support their child through strategies or signposts to parenting support groups.

**Working with specialist services**

As part of our targeted provision, the school will work with other agencies to support children’s emotional health and wellbeing. Children may be referred to one of the following services for additional support.

• Educational Psychology Services

• CAMHS (child and adolescent mental health service)

• School Nursing Service

• Children’s and Family Services

• Therapists

• Family support workers (Early Help)

• Counselling Services

**Links to other policies**

This policy links to our Child Protection Policy, Anti Bullying, SEND Policy, Local Offer and our Behaviour Policy.

**Monitoring and evaluation**

The Mental Health and Wellbeing Policy will be published on the school website - hard copies are available on request.