



# Smile – Learn – Excel

## Mental Health Policy

---

*We can't stop the waves, but we can learn to surf.*

*Jon Kabat-Zinn*

---

Policy Reviewed: September 2021

Next Review: September 2022



## **Mental health affects all aspects of life and behaviour**

### **Introduction**

At Shortlanesend School, we are committed to supporting the positive mental health and wellbeing of our whole school community (children, families and staff). We recognise that mental health and emotional wellbeing is just as important to our lives as physical health.

We endeavour to ensure that children are provided with the knowledge, tools and support to be able to identify and manage times of change and stress. We aim to ensure that they are supported to reach their potential or access help when they need it. Our educational philosophy of developing the whole child ensures 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 sources of help and support for them.

### **Rational:**

This policy and our practices and procedures at Shortlanesend School concerning Mental Health and Wellbeing promote life-long strategies for success and improvement by:

- Creating a full and shared understanding of all aspects of mental health
- Promoting positive mental and emotional wellbeing by providing a full range of support, advice and information to children, families and members of staff
- Enable anyone experiencing mental health related issues to talk in comfort and with confidence
- Create a culture to help everyone maintain positive mental health and wellbeing

### **Aims**

- To provide all our children and staff every opportunity to develop into resilient, happier and well-supported individuals able to achieve their potential [Smile – Learn – Excel]
- Develop confidence and high self-esteem in children and adults [Excel]
- Enable children to engage fully in their learning process and improve concentration [Learn]
- Improve individual attainment [Excel]
- Further strengthen links between school and the home leading to greater involvement of parents and carers in school life [Smile-Learn-Excel]
- Facilitate positive peer relationships to flourish and enable for effective and positive relationships between children and adults [Smile]



# Shortlanesend School

Smile – Learn - Excel

- School to retain a stable and consistent workforce with high levels of morale [Smile-Learn]

## **Links to other policies**

This policy links to our:

- Child Protection Policy
- Anti Bullying Policy
- SEND Policy
- Behaviour Policy
- PSHE Policy

## **Teaching about mental health**

We take a whole community approach to promoting positive mental health at Shortlanesend School. We consistently aim to help children become more resilient, happy and successful and to work in a pro-active way. This is fully in line with our Ethos of, **Smile – Learn – Excel**. We achieve this by:

- Creating and applying consistent ethos, policies and behaviours that support mental health and resilience, and which everybody understands.
- Instilling a calm and consistent approach to behaviour management.
- Helping children to develop social relationships, support each other and seek help when they need it.
- Promoting self-esteem and ensuring children understand their importance in the World.
- Helping children to be resilient learners and to manage setbacks.
- Teaching children social and emotional skills and an awareness of mental health.
- 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:**

- Consistent application of our school values and encouraging a sense of belonging.
- Promoting pupil voice and opportunities to participate in decision-making.
- Celebrating personal academic and non-academic achievements.
- Providing opportunities to develop a sense of worth through taking responsibility for themselves and others
- Providing opportunities to reflect



- Learning opportunities through our immersive knowledge rich curriculum. EG During topic on The Arctic involving Shackleton's expedition children discovered the mental effects on the crew.
- Sourcing access to appropriate support where possible
- Use of SCARF framework for Mental Health and PSHE learning in all year groups
- Assemblies used to highlight issues.
- Local and National initiatives highlighted and celebrated.
- Access to information shared with community through newsletters. EG local workshops for parents and carers
- Focus nurture groups to focus on mental health, resilience and wellbeing.
- All adults constantly reminded to that, children may view them as an emotionally available and possibly designated adult which they may speak with if they are anxious or worried about a certain situation/issue

## **Roles and Responsibilities**

At Shortlanesend School we strive to ensure that all are staff are comfortable and confident in their knowledge of mental health and wellbeing. Our staff are provided with support, training and resources to promote this knowledge in and out of their classrooms.

Training Opportunities for all staff through iHasco is provided on the following:

- Assessing Mental Capacity
- Mental Health Awareness
- Mental Health in Education
- Mental Health in Management (SLT)

Further opportunities for training through individual CPD or through Leadership are constantly sought.

Key staff supporting Mental Health at Shortlanesend School (September 2021)

Named Mental Health Lead – Chad Wilson

Deputy Mental Health Lead – Debra Stanhope (SENDCo)

Deputy Mental Health Lead – Kelly Lewis (Trainee SENDCo and PSHE Lead)

- The above lead and support all staff to co-ordinate whole school activities and learning opportunities to promote positive mental health and wellbeing.
- Lead on PSHE teaching and advice on mental health.
- Provide advice and support to staff and organise training and updates.
- Are the first point of contact with mental health services and may make individual referrals to them.
- Co-ordinates with external professionals whenever and wherever necessary to support the welfare of children and possibly colleagues



## **Staff Welfare**

Supporting and promoting mental health and wellbeing of staff is an essential component of a healthy school. We believe that all staff have a responsibility to promote positive mental health and to understand the protective and risk factors for mental health. At Shortlanesend we constantly promote opportunities to maintain a healthy work life balance. Staff are supported pastorally by the Head Of School and SLT. Staff also have access to external support systems through Aspire Health and Wellbeing.

## **Identification and Warning Signs**

We aim to identify children with mental health needs at the earliest possible point to prevent any further possible deterioration and impact on their wellbeing. Changes in patterns may indicate warning signs indicating that a child is experiencing mental health or emotional wellbeing issues. As with all areas of safeguarding, All staff are responsible for reporting concerns about individual children to designated adults within the school. Possible areas which may indicate a child's mental wellbeing is being impacted are:

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

Further 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 showing decline in performance, need for increased interventions and support

All concerns are reported to the designated adults within school and needs are generally assessed through a discussion approach with SLT, class teachers and SEN to



ensure the child gets the support they need either from within the school or from an external specialist service, as quickly as possible. If there is a risk of the child being of immediate harm, the DSL or DDSL will assume responsibility for the decision for further input and act accordingly.

### **Working with parents and carers**

At Shortlanesend School, the welfare and education of all our children is very much viewed as a partnership with our families. Parents or carers are encouraged to approach their child/children's class teacher if they have mental health concerns. This will be shared with the Mental Health Leads for further support, advice and possible referral to outside agencies.

When a concern has been raised, Teachers or Shortlanesend School's Mental Health Leads may:

- Meet and build up a fuller picture of the wellbeing of the child
- Discuss any relevant referrals to external agencies
- Signpost parents to further information or provide resources to take away.
- Create a chronology of actions and events
- Agree Mental Health Care and Protection Plan where appropriate including clear next steps.
- Contact parents to discuss the outcome of any assessment - Although there may be cases, parents and carers cannot be involved due to child protection issues.
- Discuss how parents can support their child through strategies or signposts to parenting support groups

To further support our parents and carers Shortlanesend School will:

- Provide information 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 this 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

### **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:

- CAMHS



# Shortlanesend School

Smile – Learn - Excel

- HeadStart Kernow
- School Nursing Service
- Children's Services
- Therapists
- Family support workers.
- Educational psychology services
- Counselling services
- Your Way Cornwall

## **Safeguarding**

Shortlanesend School fully recognises the important and vital contribution it makes in protecting and supporting all children in our school and beyond our building. We are fully committed to safeguarding our children through prevention, protection and support.

## **Inclusion**

At Shortlanesend School we plan to provide for all children to achieve, including boys and girls, higher achieving pupils, those with SEN, pupils with disabilities, pupils from all social and cultural backgrounds, children who are in care and those subject to safeguarding, pupils from different ethnic groups and those from diverse linguistic backgrounds. We are committed to actively promoting the fundamental British values of democracy, rule of law, mutual respect, individual liberty and mutual respect.

## **Monitoring and evaluation**

This policy will be regularly reviewed and assessed alongside all safeguarding protocols and procedures at Shortlanesend School