




**Coddington**

— C of E —

Primary and Nursery  
School

## Children's Wellbeing and Mental Health Policy

<b>Created on</b>	Jan 2024
<b>Next review due</b>	Jan 2026
<b>Reviewed By</b>	Rebecca Major
<b>Approval by Chair of Governors</b>	 30/01/24

## **Policy Statement**

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

Our Vision is. "We value each child for who they are and prepare them for who they can become." This is demonstrated through our Christian values of Care, Community and Courage

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**

At Coddington CofE Primary and Nursery School, 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.

## **Positive Environment**

We promote a mentally healthy environment through:

- Promoting our school vision and 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
- Wellbeing week and access to information around the school

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

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

Family Engagement Officer – Mrs Hanstock

Pupil Champion – Mrs Penn

ELSA Lead – Miss Quirk

PSHE Lead – Mrs Wharam-Lewis

SENDCo – Mrs Mercer

Named Mental Health Governor – Mrs Evans

Responsibilities:

- Lead and work with all staff to co-ordinate whole school activities to promote positive mental health and wellbeing.
- Work with the PSHE leader re: teaching about mental health.
- Provide advice and support to staff and organises training and updates.
- Liaise with mental health services and makes individual referrals to them.

## **Teaching about Mental Health**

Universal offer:

The skills, knowledge and understanding needed by our pupils to keep themselves mentally healthy and safe are included as part of our developmental PSHE curriculum.

As a school we use an award-winning scheme called Jigsaw. Jigsaw holds children at its heart, and its cohesive vision helps children understand and value how they fit into and contribute to the world. With strong emphasis on emotional literacy, building resilience and nurturing mental and physical health, Jigsaw 3-11 properly equips schools to deliver engaging and relevant PSHE within a whole-school approach. Jigsaw lessons also include mindfulness allowing children to advance their emotional awareness, concentration, and focus.”

Targeted support:

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

- Managing feelings resources e.g. ‘Tell me boxes’ in every classroom Y1-Y6
- Nurture Group
- ELSA 1-1 sessions
- ELSA small group sessions
- Daily check-ins
- Art therapy

The school will make use of resources to assess and track wellbeing as appropriate including:

- Strengths and Difficulties questionnaire
- The Boxall Profile
- Emotional literacy scales

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.

- Behaviour support through SBAP
- Educational Psychology Services
- CAMHS (child and adolescent mental health service)
- School Nursing Service / Healthy Families
- Children’s and Family Services
- Therapists
- Family support workers
- Counselling Services

### **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 as appropriate.

### **Safeguarding Links**

All concerns are reported through MyConcern 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. See the Child Protection Policy for further detail.

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

Our PSHE curriculum is shared online, including details of what is taught when and what vocabulary is used for which year groups. Our RSE / PSHE policy has been through consultation with parents and governors.

We will ensure that staff, pupils and parents are aware of what support is available within our school and how to access further support on our website and through ad hoc dojo messages.

When we start targeted support we always discuss with families beforehand and get approval for ELSA sessions.

The Family Engagement Officer and other staff greet parents and children daily at the gate and key staff hold coffee mornings for families.

Parents or carers can approach their child/children's class teacher if they have mental health concerns. This will be cascaded to the Family Engagement Officer 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.
- Signpost workshops and presentations on mental health, anxiety, resilience and steps to wellbeing.

### **Training**

As a minimum, all staff will receive regular training about recognising and responding to mental health issues as part of their regular child protection training in order to enable them to keep pupils safe. The East Midlands Training Portal provides free online training suitable for staff wishing to know more about a specific issue.

Training opportunities for staff who require more in-depth knowledge will be considered as part of our performance management process and additional CPD will be supported throughout the year where it becomes appropriate due to developing situations with one or more pupils.

### **Links to other policies**

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

### **Monitoring and evaluation**

The Children's Wellbeing and Mental Health Policy will be published on the school website - hard copies are available on request. The policy will be reviewed every two years.