



# Langley Mill Church of England Infant School and Nursery



## Mental Health and Emotional Well Being Policy

This policy has been impact assessed in the light of all other school policies and the Equality Act 2010.

Written / Reviewed by	Date	Approved by GB	Minute Number	Next Review Date
Karen Scrivens	April 2022	10/05/2022		April 2023

## **Langley Mill Church of England Infant School and Nursery Mental Health and Emotional Wellbeing Policy**

This policy was written in consultation with staff, pupils, parents and professionals involved in mental health and wellbeing.

### **Policy Statement**

At Langley Mill Church of England Infant School and Nursery, we are committed to supporting the emotional health and wellbeing of our pupils and staff.

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

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.

### **At our school we:**

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships
- promote self-esteem and ensure children know that they count
- encourage children to be confident and 'dare to be different'
- help children to develop emotional resilience and to manage setbacks.

### **We promote a mentally healthy environment through:**

- promoting our school vision and Langley Mill Foundations 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
- providing access to appropriate support that meets their needs

### **We pursue our aims through:**

- universal, whole school approaches
- support for pupils going through recent difficulties including bereavement
- specialised, targeted approaches aimed at pupils with more complex or long term difficulties including attachment disorder.

### **Scope**

This policy should be read in conjunction with our Children with Health Needs policy and our SEND policy in cases where pupils mental health needs overlap with these. This policy should also be read in conjunction with our Behaviour and Anti-bullying, and PSHE/RSE and SMSC policies. It should also sit alongside child protection procedures.

## **Lead Members of Staff**

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

- K Scrivens – Headteacher / Designated Senior Leader for Child Protection and Safeguarding / Designated Teacher for Children in Care / Mental Health Lead
- C. Jones – Assistant Headteacher / Deputy Designated Leader for Child Protection and Safeguarding
- D Dawson – Pastoral Manager / Deputy Designated Leader for Child Protection and Safeguarding / Deputy Designated Teacher for Children in Care

## **Teaching about Mental Health**

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

The specific content of lessons will be determined by the specific needs of the cohort we're teaching but we will also use the PSHE Association Guidance to ensure that we teach mental health and emotional wellbeing issues in a safe and sensitive manner.

## **Targeted support**

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

- Circle Time / R-Time approaches
- Managing feelings and emotions resources e.g. 'worry boxes' and 'paddy pillow'
- 1:1 drawing and talking therapy
- Nurture Group provision
- Theraplay sessions
- Therapeutic stories
- Lego therapy
- Relaxation and mindfulness techniques.

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

- Strengths and Difficulties questionnaire
- The Boxall Profile
- Leuven Well Being and Involvement Scale
- Derbyshire's Celebratory Checkpoints for PSED
- Emotional Well Being Plans
- Escalation Curves
- ASCD charts

## **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.

## **Identifying needs and Warning Signs**

All staff have been trained on being aware of warning signs which may 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 one of the Designated Senior Leaders for child protection and safeguarding or the Pastoral Manager as appropriate.

### **Possible warning signs include:**

- Changes in eating / sleeping habits
- Becoming socially withdrawn
- Becoming aggressive / defiant
- Changes in activity and mood
- Showing self-harm tendencies
- Expressing feelings of failure, uselessness or loss of hope
- Repeated physical pain or nausea with no evident cause
- An increase in lateness or attendance issues
- Relationships issues
- Changes in approach to learning
- Negative behaviour patterns
- Changes in family circumstances
- Bereavement

## **Working with Parents**

In order to support parents we will:

- Highlight sources of information and support about mental health and emotional wellbeing on our school website
- Share and allow parents to access sources of further support e.g. through parent forums
- Ensure that all parents are aware of who to talk to, and how to get about this, if they have concerns about their child
- 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 their children are learning about in PSHE / RSE and share ideas for extending and exploring this learning at home

## **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:

- Health Visitors and School Nurses
- Educational Psychology Services (EPS)
- Behaviour Support Service (BSS)
- Paediatricians
- CAMHS (child and adolescent mental health service)
- Counselling Services

- Family Support Workers
- Therapists

## **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 students safe.

The MindEd learning 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.