

DISCOVERY PRIMARY ACADEMY

# Mental Health and Emotional Wellbeing for children Policy

Date Prepared: September 2018

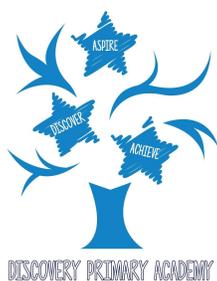
Date to be reviewed: November 2022

Date to be reviewed: November 2024

*Aspire*

*Discover*

*Achieve*



## **Policy Statement**

*Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.*

**(World Health Organization)**

At Discovery Primary Academy we are committed to promoting positive mental health for all our pupils and staff. We recognise that mental health is as important as physical health and understand that this can have a huge impact on children's learning. In an average classroom, three children will be suffering from a diagnosable mental health issue. We develop and implement practical, relevant and efficient mental health policies and procedures so that we can help to promote a safe environment for our pupils and staff.

Our school knows the importance of valuing each child/ person as an individual. We are a caring and supportive school and encourage all our pupils to aspire to be the best that they can be.

## **Scope**

This Policy should be read in conjunction with our SEND, Medical and Safeguarding Policies in cases where pupils mental health needs overlap with these.

At our school we:

- Promote positive mental and emotional wellbeing in staff and pupils.
- Provide information so that those affected by mental health issues can seek support in a safe and confidential manner.
- Provide strategies and guidance to help staff and pupils to be mentally healthy.
- Provide support to those suffering by mental health issues.
- Alert staff to early warning signs of mental ill health.
- Have a universal, whole school approach.

## **Lead Members of Staff**

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

- Lead Designated Child Protection/ Assistant Head
- Designated Child Protection/ Head Teacher
- Qualified Mental Health First Aiders

Any member of staff who is concerned about the mental health or wellbeing of a student should speak to the mental health lead in the first instance. If there is a fear that the student is in danger of immediate harm then the normal child protection procedures should be followed with an immediate referral to the designated safeguarding lead or the Head Teacher. If the student presents a medical emergency then the normal procedures for medical emergencies should be followed, including alerting the first aid staff and contacting the emergency services if necessary.



## **Individual Care Plans**

We will draw up an individual care plan for pupils who have a diagnosed mental health issue or when we feel it is appropriate to have one. This can include:

- Details of a pupil's condition
- Special requirements and precautions
- Medication and any side effects
- What to do, and who to contact in an emergency
- The role the school can play

## **Teaching about Mental Health**

We follow guidance from the PSHE Association to ensure that we are teaching our pupils the skills, knowledge and understanding to keep themselves physically and mentally healthy.

The specific content of lessons will be determined by the specific needs of the cohort we're teaching but there will always be an emphasis on enabling students to develop the skills, knowledge, understanding, language and confidence to seek help, as needed, for themselves or others.

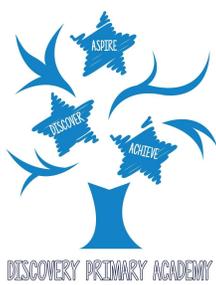
## **Warning Signs**

All staff need to be vigilant of the following warning signs that may indicate a pupil is having mental health or emotional wellbeing issues. If a member of staff is concerned they should report it immediately to the designated safeguarding lead or one of the mental health first aiders.

- Physical Indicators
- Becoming socially withdrawn
- Changes in eating/sleeping habits
- Changes in mood or behaviour
- Talking about self-harm or suicide
- Attendance dropping
- Expressing feelings of failure, uselessness or loss of hope
- Secretive behaviour
- Repeated physical pain or nausea with no evident
- Missing PE or getting changed secretly

## **Managing disclosures**

If a pupil makes a disclosure about a mental health or emotional wellbeing issue then the member of staff needs to report this as soon as possible to the designated safeguarding lead and then follow this up with logging the information on CPOM's. The staff member should listen with care and reassure them that this information will only be shared with relevant members of staff.



## **Working with Parents**

To ensure that we are supporting parents we will do the following:

- Make sure that our mental health and wellbeing policy is easily accessible
- Share information on how parents can promote positive mental health
- Keep parents informed about the mental health topics their children are learning about in PSHE and share ideas for extending and exploring this learning at home.

## **Training**

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.

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 developing situations with one or more students.