



Handforth Grange Primary School

Mental Health and Wellbeing Policy

Policy Area	Safeguarding
Policy Title	Leadership Team
Policy Leader	Mrs Andrea Booth
Policy Date	September 2023
Policy Review	September 2024



Frank Field
Education Trust

Social Justice through Excellence in Education

At Handforth Grange Primary School the named personnel with designated responsibility for Mental Health and Well Being are:

Senior Leader	Teacher	Governor
<i>Dr Caroline Vince</i> UKS2 Phase Leader	Miss Fran Saven – PSHE lead	Sarah Millward

Policy Statement

At Handforth Grange Primary School, we are committed to supporting the emotional health and wellbeing of our pupils and staff.

We have a supportive and caring ethos. Our PSHE and No Outsiders curriculum provides pupils with the knowledge, skills and understanding they need to lead confident, healthy and independent lives.

At our school, we recognise 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:

- Have a 'No Outsiders' ethos that recognises that no one is the same but everyone is equal.
- 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 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.
 - Access to appropriate support that meets their needs

We pursue our aims through:

- Universal, whole school approaches and training
- Support for pupils going through recent difficulties
- Specialised, targeted approaches aimed at pupils with more complex or long term difficulties including trauma or attachment disorder.

Scope

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

Lead Members of Staff

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

Mrs Andrea Booth- Designated Safeguarding Lead
Mrs Jessica Dolby - Deputy Safeguarding Lead
Miss Leigh Green - Deputy Safeguarding Lead
Dr Vince – Well Being and Mental Health Lead
Miss Fran Saven – Personal, Social and Health Education Lead

Teaching about Mental Health

The skills, knowledge and understanding needed by our students to keep themselves mentally healthy and safe are included as part of our developmental PSHE curriculum. The specific content of lessons will be determined by the specific needs of the cohort we are 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. Alongside, we have our No Outsiders resources and assemblies to ensure all children learn to value diversity, develop tolerance and acceptance of difference across our school and community.

Targeted support

Drawing guidance from the THRIVE model to identify levels of need, the school will offer support through targeted approaches for individual pupils or groups of pupils which may include:

- Managing feelings resources e.g. 'worry boxes' and 'worry eaters'
- Managing emotions resources such as 'the incredible 5 point scale'
- Therapeutic activities including sensory boxes, art, lego and relaxation and mindfulness techniques.
- Group interventions using evidence-based resource and schemes such as Resilient Classrooms, Cool Connections, Anxiety Gremlins or My Happy Mind.
- Weekly check ins with a key worker providing time to talk.
- Sensory interventions for children with ASC/Sensory processing difficulties.

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

- Strengths and Difficulties Questionnaire
- Me & My Feelings Questionnaire

- The Boxall Profile
- Anti-Bullying and Wellbeing Survey
- Intervention trackers

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 help assessments can help to support those family experiencing mental health difficulties.

Identifying needs and Warning Signs

School staff may become aware of warning signs which indicate a student 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 safeguarding lead/emotional wellbeing lead as appropriate.

Possible warning signs include:

- Changes in eating / sleeping habits
- Becoming socially withdrawn
- Changes in activity and mood
- Talking or joking 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
-

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 coffee mornings.
- 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 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:

- The school nurse
- Educational psychology services
- Paediatricians
- CAMHS (child and adolescent mental health service)
- Counselling services
- Family support workers
- Therapists
- Emotional Healthy Children and Young People
- Visyon
- Cheshire East Autism Team
- Sensory Occupational Therapists

Training

The Senior Mental Health Lead receives ongoing guidance updates and support from the Cheshire East Senior Mental Health Lead network and access to resources and support via Cheshire East Wellbeing for Education.