



## Positive Mental Health and well-being policy

At Offenham CE First School we are committed to promoting positive mental health and emotional wellbeing for all pupils, families, members of staff and governors. Our open culture allows all voices to be heard, and through the use of effective policies and procedures we aim to provide a safe and supportive environment for all.

### At Offenham CE First School we define Mental Health and Resilience as:

#### Good Mental Health

Individuals are mentally healthy when they have the ability to:

- develop psychologically, emotionally, intellectually and spiritually
- initiate, develop and sustain mutually satisfying personal relationships
- use and enjoy solitude
- are aware of others and empathise with them
- experience happiness and can play and learn
- develop a sense of right and wrong
- resolve (face) problems and setbacks and learn from them.
- develop a sense of self and identity

**Resilience** is the ability to bounce back from the disappointments and difficulties we all experience. It is the ability to build protective factors into our lives which promote and protect our emotional wellbeing when faced with knockbacks and unexpected changes.

#### Our policy aims to:

- Promote positive mental health and emotional wellbeing for our community.
- Remove the stigma of mental health issues.
- Increase understanding and awareness of common mental health issues.
- Enable staff to identify and respond to early warning signs of mental ill health in pupils and each other.
- Enable staff to understand how and when to access support; both for themselves and pupils; who may have mental health issues.
- Provide the appropriate support to pupils with mental health issues.
- Develop resilience amongst pupils and raise awareness of resilience building techniques, creating a safe and nurturing environment for all.
- Raise awareness amongst our community of mental health issues and encourage staff to disclose any mental health issues in a supportive environment.
- Encourage a mental health friendly environment where everyone is aware of the signs and symptoms of mental ill health and can effectively sign post pupils and families.

### **Key staff members**

This policy aims to ensure all staff take responsibility to promote the mental health of pupils and each other. However, key members of staff have specific roles to play:

- Designated Safeguarding Lead – Mrs Jayne Nicol
- Designated Deputy Safeguarding Leads – Mrs Liz Daniels and Mrs Hollie Johnson
- DOWMAT DSL Supervisor – Mrs Maggie Spence
- Governor responsible for safeguarding – Mr Steve Webb
- SENCO – Mrs Clare Stockford (DOWMAT) supported by Mrs Liz Daniels
- Designated Senior Mental Health Lead – Mrs Jayne Nicol
- PSHE Lead - Mrs Jayne Nicol
- Pastoral worker – Mr Pete English
- Governor responsible for well-being – Mr Neil le Tissier

## **Section 1 – Health and Welfare of Pupils**

### **Mental health problems in children**

Some children experience a range of emotional and behavioural problems that are outside the normal range for their age or gender. These children could be described as experiencing mental health problems or disorders.

Mental health professionals have defined these as:

- emotional disorders, e.g. phobias, anxiety states and depression;
- conduct disorders, e.g. stealing, defiance, fire-setting, aggression and anti- social behaviour;
- hyperkinetic disorders e.g. disturbance of activity and attention;
- developmental disorders e.g. delay in acquiring certain skills such as speech, social ability or bladder control, primarily affecting children with autism and those with pervasive developmental disorders;
- attachment disorders, e.g. children who are markedly distressed or socially impaired as a result of an extremely abnormal pattern of attachment to parents or major care givers;
- other mental health problems including eating disorders, habit disorders, post- traumatic stress syndromes; sleep disorders; and psychotic disorders such as schizophrenia and manic depressive disorder.

Many of these problems will be experienced as mild and transitory challenges for a child and their family, whereas others will have serious and longer lasting effects. When a problem is particularly severe or persistent over time, or when a number of these difficulties are experienced at the same time, children are often described as having mental health disorders. If a member of staff is concerned about the mental health or wellbeing of a pupil or parent, in the first instance, they should speak to the DSMHL – Mrs Nicol.

If there is a concern that the pupil is a high risk or in danger of immediate harm, the school's child protection procedures should be followed.

If the pupil presents a high risk medical emergency, relevant procedures should be followed, including involving the emergency services if necessary.

### **Individual Care Plans**

When a pupil has been identified as having cause for concern, has received a diagnosis of a mental health issue, or is receiving support either through CAMHS or another organisation, it is recommended that an Individual Care Plan should be drawn up. The development of the plan should involve the parents, and relevant professionals.

### **Teaching and learning**

For all pupils with mental health needs reasonable adjustments will be made to ensure full access to the curriculum. These may include:

- Breaks from class when required;
- Provision of stress relief toys;
- Work broken into small chunks;
- Individual behaviour plans

## **Curriculum**

We follow the Kapow scheme of work for Personal, Social, Health and Economic Education that includes the statutory Relationships and Mental Wellbeing.

- Opportunities to experience challenges in the outdoor environment are taken
- Pupils are encouraged to act as role models within the school environment
- A commitment to follow a healthy lifestyle is developed through participation in varied, relevant, realistic and enjoyable activities.

## **Signposting**

We will ensure that staff, pupils and parents/carers are aware of the support and services available to them, and how they can access these services.

Within the school, where appropriate and through our communication channels (newsletters and website), we will share and display relevant information about local and national support services and events.

The aim of this is to ensure staff, parents and pupils understand:

- What help is available
- Who it is aimed at
- How to access it
- Why should they access it
- What is likely to happen next

## **Warning Signs**

Staff may 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 alert the DSMHL – Mrs Nicol.

Possible warning signs, which all staff should be aware of include:

- Physical signs of harm that are repeated or appear non-accidental
- Changes in eating / sleeping habits
- Increased isolation from friends or family, becoming socially withdrawn
- Changes in activity and mood
- Lowering of academic achievement
- Talking or joking about self-harm or suicide
- Expressing feelings of failure, uselessness or loss of hope
- Changes in clothing – e.g. long sleeves in warm weather
- Secretive behaviour
- Skipping PE or getting changed secretly
- Lateness to, or absence from, school
- Repeated physical pain or nausea with no evident cause

## **Targeted support**

We recognise some children and young people are at greater risk of experiencing poorer mental health. For example, those who are in care, young carers, those who have had previous access to CAMHS, those living with parents/carers with a mental illness and those living in households experiencing domestic violence.

We offer the following provision within school:

- School based drawing and Talking Therapy
- Individual Mentoring
- Use of restorative approach
- Lift your Spirits lunchtime group
- School based Play Therapy

Referrals may be made where necessary. This may be to:

- CAMHS
- Young Carers
- Family Support Team
- Children's Services
- School Nurse
- Other specialist provision as appropriate

In some cases, a multi professional meeting may be arranged to discuss the case further. Some children will neither meet thresholds nor be able to access individual therapies. As a school we attempt to offer one to one pastoral support for these pupils.

### **Managing disclosures**

Any disclosure must be recorded on CPOMS and the Designated Safeguarding Lead notified in person. All safeguarding concerns will be treated in confidence and we will follow the safeguarding policy. For more information about Safeguarding, including our policy, visit the Safeguarding page on our website.

## **Section 2 - Health and Welfare of Parents and Carers**

Parents and carers are valued and welcomed into school. We communicate regularly, consult and engage with parents/carers through newsletters, assemblies, parent evenings, Tea and talk and 'Walk through Thursdays'.

We recognise that family plays a key role in influencing children and young people's emotional health and wellbeing. We work in partnership with parents and carers to promote emotional health and wellbeing by:

- Working closely with our local partners including Health Care professionals and other DOWMAT partner schools
- Meeting all EYFS parents in person (home visit) to discuss their family circumstances and children's needs
- Encouraging parents into school for events
- Ensuring Senior Leadership Team (SLT) attendance at all PTFA events
- Offering 1:1 SENDCO Parent meetings as and when required and running a regular SEND parent Tea and Talk session
- Offering parents the opportunity to meet our School Nurse or Speech and Language Therapist
- Ensuring all parents are aware of how to promote social and emotional wellbeing and prevent mental health problems (on newsletter and website and through 1:1 meetings)

- Highlighting sources of information and support about common mental health issues through our communication channels
- Offering support to help parents or carers in helping their children learn
- Ensuring parents, carers and other family members living in disadvantaged circumstances are given the support they need to participate fully in activities to promote social and emotional wellbeing. This will include support to participate in any parenting sessions, by offering a range of times for the sessions or providing childcare.
- Providing drop-in sessions with the school nurse
- Providing an open-door policy with access to classteachers and headteacher who is DSMHL
- Working hard to develop a close relationship with parents and carers which allow us to offer support

### **Section 3 - Health and Welfare of Staff**

We recognise that a healthy, happy workforce are integral to delivering the best education for all our pupils. Our expectation is that staff have a responsibility to support their own mental health by accessing appropriate support, looking after their own mental health and to develop resilience and coping strategies. As a school we are committed to encouraging staff to develop a good work life balance and lead healthy working lives.

We offer the following to support our staff's positive mental health

- A dedicated staff room for relaxation and healthy eating.
- We organise a number of social events throughout the year for staff to participate in.
- SLT have an open-door policy for all staff.
- Regular staff meetings focusing on wellbeing.
- Take staff mental wellbeing into consideration when deploying staff to various roles around school.
- Reasonable adjustments for staff with recognised mental health issues.
- Sign post staff to appropriate support mechanisms such as SAS mental health support, designated well-being governor, local clergy, charities, GP, Relate and national helpline for support for those in education
- Staff meetings are held weekly where individuals can air their views and feel supported.
- Celebrate staff special occasions.
- Recognise individual staff strengths
- Staff mental health champion – this is a member of the SLT with an open-door policy who is a point of contact for all staff.
- Encourage and support staff to put into perspective the everyday challenges of working with pupils.
- No expectation to be at work outside of contracted/directed hours.

**This policy should be read in conjunction with:**

- Safeguarding Policy
- Managing Sickness and Absence Policy
- Code of Conduct
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This policy was reviewed in Autumn 2025 and will be reviewed again in Autumn 2026