



## Ormskirk Church of England Primary School

# POLICY STATEMENT FOR MENTAL HEALTH AND WELL-BEING

### Mission Statement

**Our whole school community strives, through God's love and guidance, to provide a safe and stimulating environment in which all children are Inspired, Aim High, Achieve and Shine.**

#### Statement:

At Ormskirk CE Primary School, we are committed to promoting positive mental health and well-being to all pupils and staff members. We believe in the importance of pupil voice and close communication with our families, staff and Governors. We strive to ensure a safe and supportive environment for our whole school community and for those affected by mental health issues.

**Key message: Prevention**, through a caring, safe and calm environment; **identification**, through early recognition of issues; early **support**, including specialist support from external agencies and **swift referrals**.

#### Policy Aims:

We aim to:

Promote positive mental health and well-being for all pupils and staff.

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.

Enable staff to understand how and when to access support for pupils with mental health issues.

Provide appropriate support and know where to sign post parents and carers for specific support.

Ensure SLT recognise and are sensitive to the fact that staff may have mental health issues and support them accordingly.

Instil a culture of pupil and staff welfare where everyone is aware of the signs and symptoms.

### **Key Staff:**

All staff take responsibility for the promotion of mental health and well-being. However, the following staff are key to its promotion and delivery:

SLT- including:

Head Teacher/Deputy DSL

Deputy Head Teacher/DSL

SENCO

PSHE Subject Lead

If a member of staff is concerned about the mental health or well-being of a pupil they should speak in the first instance to the DSL/Deputy DSL.

If there is concern that the pupil is high risk or in danger of immediate harm to self or others, then child protection procedures will be followed.

### **Individual Care Plans:**

If a pupil has received a diagnosis of mental ill health and/or is receiving support through eg, CAMHS, an Individual Care Plan will be drawn up. The development of the plan will involve the parents, appropriate professionals and where appropriate, the pupil and will specify details of the pupil's diagnosis; specific requirement/strategies and any necessary precautions; medication and any possible side effects; the roles of specific staff members and who to contact in an emergency.

### **Teaching About Mental Health and Well-Being:**

The Skills, knowledge and understanding our pupils need to keep themselves, and others physically and mentally safe are embedded in our curriculum eg, PSHE, RSE, Religion, Science, PE and through visits and visitors supporting the curriculum, such as The Life Education Bus. We follow the PSHE Association guidelines, planning and resources in order to promote our pupils' well-being through the development of healthy coping strategies and

an understanding of pupils' own emotions – as well as those of their peers and other people around them.

### **Warning Signs:**

If staff become aware of signs of mental ill-health or emotional well-being in a child then they should always be taken seriously:

Possible warning signs include:

Physical signs of harm that are repeated or appear non-accidental /self-harm

Changes in eating/sleeping habits

Changes in mood and activity choices

Increased isolation from friends or becoming increasingly withdrawn

Lowering of academic achievement

Poor self- esteem – expressing feelings of failure

Secretive behaviour

Reluctance to take part in PE or get changed

Lateness and/or absenteeism

Physical pain or nausea with no apparent cause

### **Support:**

We strive to develop an open door policy in which children, families and staff feel comfortable to seek advice and support. We ensure that through eg our newsletters and website, we share information about local and national support agencies eg, NSPCC, CAMHS, Minds Matter, \*\*\*

We recognise that some children are at greater risk of experiencing mental ill health. For example, young carers, those who have had previous access to CAMHS, those living with parents/carers who are experiencing mental ill health and those living in homes experiencing domestic abuse.

We strive to ensure effective and timely identification of pupils needing support. For example:

Where appropriate, discussing strategies/options with the child and/or parents and eg, agreeing an Individual Care Plan.

In line with Pan-Lancashire Continuum of Need, assessing and identifying where there is a need for professional support via eg, CAMHS, Children and Family Well Being Service through which appropriate signposting can take place.

Providing pupils with opportunities to build relationships with trusted adult(s) within the school environment – so ensuring first hand pastoral care is available.

### **Managing Disclosures:**

If a pupil discloses concerns about themselves to a member of staff, the response will be calm, supportive and non-judgemental. Disclosures will be recorded confidentially and if necessary usual safeguarding procedures will be followed.

### **Training:**

Staff receive regular Child Protection training including “7 Minute Briefings” which recognise and advise on how to respond to mental health issues. Where need becomes evident, twilight sessions will be held to promote learning and understanding about specific issues relating to mental health eg, attachment issues.

This Policy will be reviewed every two years as a minimum. In between updates, the Policy will be updated to reflect national changes.