KILDWICK CE PRIMARY SCHOOL

Learning to Live, Living to Love, Loving to Learn

Social, Emotional and Mental Health Policy

Date Approved: To be approved in Spring 2025	**Next Review: Spring 2026**

Policy Statement:

Good emotional well-being is an essential part of overall health. Individuals that are emotionally healthy are in control of their emotions, thoughts and behaviours.

Positive mental health allows people to realise their own potential; feel and express a range of emotions; build and maintain positive relationships with others; cope with the normal stresses of life; work productively and be able to feel engaged with the world around them.

At Kildwick CE VC Primary School we aim to promote positive mental health for all our students and staff. We pursue this aim using whole-school approaches and specialised, targeted approaches aimed at vulnerable students.

It is also our aim, along with promoting positive mental health, to recognise and respond to mental ill health.

Through developing and implementing an effective and practical mental health policy and providing relevant procedures we can promote a safe and stable environment for all students, including students that are affected directly and indirectly by mental ill health.

This document describes the school's approach to promoting positive mental health and well-being. It is intended as a guidance for all staff and governors.

This policy aims to:

- Provide guidance on promoting positive mental health in all staff and students
- Increase understanding of common mental health issues
- Alert staff to early warning signs of mental ill health
- Provide support to staff working with young people with mental health issues
- Enable support to be given to students suffering from mental ill health along with their parents/carers.

The school aims to:

- Promote and encourage resilience in all children and adults so they can manage any challenging situations should they arise.
- Support children with forming appropriate relationships with others.
- Ensure there is somebody available to talk to and that both children and adults feel comfortable sharing worries and concerns.
- Respect the rights of children and make sure they know their views and opinions are valued.
- Encourage independence for all and provide coping tools and strategies should they be needed
- Treat each child as an individual; respecting their unique characters and traits.

Lead Members of Staff and Pupils

All staff at Kildwick CE VC Primary School have a responsibility to promote the emotional well-being of pupils. The staff with a specific, relevant role include:

- Mr Tim Whitehead – Headteacher- Designated Safeguarding Leader
- Miss Donna Akrigg – Assistant Headteacher – Deputy Safeguarding Leader, SENCo, PSHE Leader
- Mrs Laura Fordham – PSHE Leader
- Mrs Rachel Carpenter – Mental Health Ambassador
- Mrs Caris Kingham – Intervention / Inclusion Leader
- Mrs Kym Swales – Pastoral and Welfare assistant
- The current pupils in Class 3 Kingfishers and Class 4 Owls – School Mental Health Ambassadors

Any member of staff who is concerned about the mental health or well-being of a student should speak to the Headteacher 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 leader. If the student presents a medical emergency then the normal procedure for medical emergencies should be followed, including alerting a first aider and contacting the emergency services if necessary.

Our school promotes good Mental Health through:

- Promoting our school values and aims
- Encouraging a sense of belonging
- Having a strong pupil voice
- Celebrating all achievements
- Access to appropriate support if needed, including the pastoral Assistant
- Providing opportunities to reflect and learn from experiences
- Ensuring all pupils experience a chance to succeed
- Teaching resilience strategies
- Providing opportunities to understand, celebrate and appreciate differences and diversity

Support and Provision:

All staff and governors at Kildwick CE VC Primary School endeavour to support the good mental health of all children, the strategies include:

- Through PSHE lessons and during Anti-Bullying Week we teach the characteristics of positive friendships - enabling children to recognise when a friendship is making them feel unhappy or uncomfortable and to know how to manage the situation. The children are informed as to when, where and how they can seek help or advice.
- Whole school teaching through assemblies, PHSCE and class discussions about respecting others and developing their own self- respect.
- Routinely teaching (including our online safety day in February) about critically considering their online friendships and harmful online content. Also, ensuring children know that there are age restrictions on certain games to protect them from harmful or distressing material.
- Through PHSE, teaching children the vocabulary they need to effectively articulate their feelings and expectations so that they can determine the outcomes that are healthy for them when in dialogue with others; giving children the confidence to be assertive.
- Termly Mental Health Days to develop strategies that distract from worries and also help their mind and body relax, providing a sense of well-being.
- Pupil led Mental Health Champions; trained through the One Goal programme to deliver support and guidance to their peers.
- Teachers continually express to children that mental well-being is just as important as physical well-being and that sleep, good nutrition and exercise will help achieve this.
- Teachers stress the importance of hobbies, recreation and time spent outdoors, providing lunchtime clubs and activities e.g. art and Lego, gardening and sport.
- Whole school teaching, through PHSE, about emotions and the normality of these, with a view to developing children's emotional literacy so that they have the vocabulary to explain how they feel and the tools to deal with uncomfortable or unpleasant feelings.
- Feelings of isolation and loneliness are discussed, and provision for carefully planned activities drama, sport, art and Lego are planned in recognition of these states. Children are supported in forming and maintaining friendships and families are signposted to organisations that can support this e.g. SELFA
- Giving children a chance to raise awareness or donate to funds for others who are struggling; provide an opportunity to think about the circumstances of others and be part of organisations that make a positive impact to those lives. Showing children they can make a difference and make a stand.
- Selecting children to participate in competitions and events based on their interests and not necessarily their ability, ensuring all children are provided with a chance to experience individual success or by becoming part of a team.

Support and provision for individual or groups of children:

Some children need extra provision to support their mental well-being, this provision can include:

- Extra support developing friendships, achieved through small group work; invitation to join school teams; an older buddy.
- An increased sense of belonging achieved through: invitation to join groups and activities; a morning meet and greet, roles or jobs in school.
- 1-1 intervention for anxiety supported by our Pastoral and Welfare assistant
- 1-1 or group work for extra support with emotional regulation
- Time put aside to pursue individual interests such as art and crafting, forest school

This support can be accessed via the Intervention/Pastoral Team; it is suitable for students who:

- find friendships difficult to form and maintain
- have difficulty regulating their emotions
- have poor attendance
- are undergoing problems outside of school
- are finding it difficult to become motivated in class
- have low self-esteem

Individual Care Plans

It may be necessary to draw up an individual care plan and/or a relevant risk assessment for pupil's causing concern. This will be drawn up involving the pupil, the parents/carers and the relevant health professionals.

The plan can include:

- Details of concern/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

Where a referral to CAMHS or another outside agency is appropriate this will be led and managed by Mr Whitehead and Miss Akrigg.

Working with outside Agencies

As part of the targeted provision the school will work with other agencies to support children's emotional health and well-being including:

- Craven Early Help Team which can access:
  - -The Healthy Child Team (School nurse)
  - CAMHS
  - Family support workers
  - Craven SEND Hub
- Educational Psychologist Service
- Paediatricians
- Compass Buzz; who will support staff working to improve children's well-being
- Barnardo's Prouder Communities

Monitoring and Tracking Well-Being

We will make use of resources to measure the impact of whole school provision, and any interventions that are carried out with the aim to support well-being, through:

- Well-Being surveys
- Boxall profiling
- Informal reviews
- Before intervention and after intervention questionnaires

Identifying Warning signs:

Our Safeguarding Team meet regularly to discuss concerns and reported incidents; review interventions and support; and decide follow ups.

Our SENDco / Intervention / Welfare team is always available to discuss any concerns and will have regular discussions around the well-being of children.

Our PSHE Leaders meet regularly to initiate activities and events, provide resources and strategies and discuss promoting the school ethos and values, this team carries out questionnaires and receives feedback from wellbeing days. They send relevant and current information to parents regularly regarding the wellbeing of children.

Children are discussed during staff meetings and during pupil progress meetings.

All changes in behaviour either at home or at school are shared with the Intervention / Welfare team and support is offered.

- Warning signs need to be taken seriously for effective early intervention to take place. Staff observing any of these warning signs should communicate their concerns to the Safeguarding Lead or Intervention / Welfare Team; whichever is most appropriate.

Possible Warning Signs:

- Refusing to come to school/a drop in attendance/ poor punctuality
- Increasing attachment to care-giver
- Changes in mood
- Self-harming
- Becoming withdrawn/or seeking more attention than usual
- Talking about feelings of failure, hopelessness and poor self-worth
- Changes in eating habits/difficulty sleeping/wanting to spend more time in bed
- Disengagement towards their learning

Working with Parents:

Working closely with parents, as a team to support their child, allows the most effective intervention to take place. We can help parents in the following ways:

- Allow and encourage parents to access further support ensuring they know who to contact and how.
- Provide information to parents regarding mental health and well-being.
- Ensure parents know who they can talk to in school and how to access this support should they have any concerns about their child.
- Work closely and communicate effectively with the family to gain the best outcome for their child.

Signposting:

- We make sure that staff and parents receive relevant advice and are aware of what support is available within school and how to access further support if necessary.

Training and Support

- All school teaching staff received Mental Health and Well-Being Training Level 1, provided by Compass Buzz.
- All staff and Governors annually complete Child Protection and Safeguarding training ensuring all our children feel safe and happy.
- All members of staff are supported by the North Yorkshire County Council Health assured scheme
- Class 3 Kingfishers and Class 4 Owls received One Goal Mental Health Champions Training

For further support and advice our primary contacts are:

- Compass Buzz: 01609 777662
- Craven Early Help Team: 01609 534842
- Healthy Child Team: 01423 557711
- CAMHS: 01535 661531 (between 1pm -2pm each day)
- Urgent referral to CAMHS: 01535 661531 (where there is an imminent risk of harm to self or others)
    - Information and a confidential helpline can be found at:
- Young Minds: youngminds.org.uk

Useful resources:

- Mentally Healthy Schools; a web resource for people working with primary aged children, with advice and resources on mental health and well-being:
- https://www.mentallyhealthyschools.org.uk
- NSPCC; a web resource that provides access to quality assured lesson plans and classroom guides about staying safe online and mental health:
- https://www.nspcc.org
- Young Minds: provides a range of resources and materials, via it's website, to build skills in parents and carers and people who work with children and young people:
- https://youngminds.org.uk/what-we-do/360-schools-hub/360-schools-community/
- Charlie Waller resources
  https://charliewaller.org/resources