



The Shared Learning Trust

THE CHALK
HILLS ACADEMY

Mental Health and Emotional Wellbeing Policy

Policy Title	Mental Health and Emotional Wellbeing Policy
Version	3
Last Review	1 st September 2023
Next Review	1 st September 2024

Owner

Bethany Williamson

This policy was written in consultation with staff, pupils, parents and professionals involved in mental health and wellbeing.

Policy Statement

At The Chalk Hills Academy, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We have a supportive and caring ethos and our approach is respectful and kind, where each individual and contribution is valued. At our academy we know 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 Academy we:

- 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
- Support for pupils going through recent difficulties including bereavement.
- Specialised, targeted approaches aimed at pupils with more complex or long-term difficulties including attachment disorder.

Scope

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

Lead Members of Staff

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

- Rachel Clark – Designated Safeguarding Lead
- Carol Phipps – Deputy Designated Safeguarding Lead
- Laura Smith – Art Therapy Councillor
- Wajid Tufiq – Vice Principal

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 and during PL activities. The specific content of lessons will be determined by the specific needs of the cohort we're 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.

Targeted support

The school will offer support through targeted approaches for individual pupils or groups of pupils which may include:

- Circle time approaches or 'circle of friends' activities
- Wellness Club
- Conflict resolution
- ABAT
- Mentoring
- Social skill club
- Counselling
- Buddy system
- ELSA support groups
- Therapeutic activities including art, Lego and relaxation and mindfulness techniques
- Break and Lunch safe haven

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.

Identifying needs and Warning Signs

All staff will notify safeguarding using the safeguarding software if they have seen a change in a pupil's:

- Attendance
- Punctuality
- Relationships

- Approach to learning
- Physical appearance
- Significant change in academic performance
- Substance abuse
- Negative behaviour patterns
- Family circumstances
- Recent bereavement
- Health indicators

School staff may also 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 child protection and safeguarding leads.

Possible warning signs include:

- Changes in eating / sleeping habits
- Changes in academic performance
- Change in concentration in lessons
- Change in energy levels
- Little interest and pleasure in daily pursuit of activities
- Becoming socially withdrawn
- Changes in activity and mood
- Talking or joking about self-harm or suicide or homicide
- Expressing feelings of failure, uselessness or loss of hope
- Repeated physical pain or nausea with no evident cause
- Feeling tired or hungry
- 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 forums.
- 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
- Behaviour support through ACE
- Paediatricians
- CAMHS (child and adolescent mental health service)
- Counselling services
- Family support workers
- Therapists
- GPs / Primary care team
- LBC – Child Social Services

Training

As a minimum, 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.

The MindEd learning portal provides free online training suitable for staff wishing to know more about a specific issue.

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 to developing situations with one or more pupils.

Support for families and students

Here you can find a list of organisations providing expert advice, a listening ear and resources for managing distress.

- **Mental health helplines and charities**

Samaritans. Samaritans provide 24-hour online and phone support to people in distress. Call: 116 123.

Mind. Mind is a charity that provides advice and support for people experiencing a mental health problem in England and Wales. Call: 0300 123 3393 (Mon to Fri, 9am to 6pm)

Rethink Mental Illness. Support and advice for people living with mental health problems. Call: 0300 5000 927 (Mon to Fri, 9.30am to 4pm)

SANE. National out-of hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

Mental Health Foundation. Information and support for anyone with mental health problems or learning disabilities.

- **Hearing voices & peer support**

Voice Collective. Support and information for children and young people who hear, see or sense things that others don't.

Hearing Voices Network. Support and information for people who hear voices, see visions, or have other unusual experiences.

- **Children and adolescents**

Childline. Support for people under 19 in the UK. Call: 0800 11 11

Young Minds. Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

CAMHS. The Child and Adolescent Mental Health Service (CAMHS) provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems. Children and parents can self-refer
Phone: 01582 708140. Opening hours: 9am-5pm Monday to Friday

CHUMS. CHUMS currently deliver nine services across Luton & Bedfordshire. Call: 01525 863924. Email info@chums.uk.com

Tokko. For children aged 13 – 19. Call: 01582 544990. Email: info@tokko.co.uk

- **Suicide prevention**

CALM (Campaign Against Living Miserably). Charity dedicated to preventing male suicide. Call: 0800 58 58 58 (nationwide)

Papyrus Hopeline UK. Confidential support for young people struggling with suicidal thoughts. Call: 0800 068 41 41