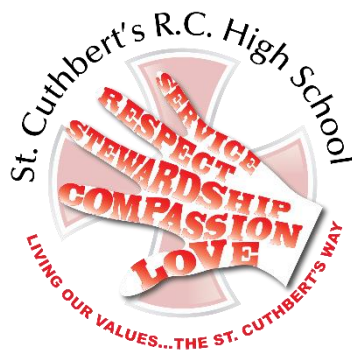




St. Cuthbert's
Roman Catholic High School

WHOLE SCHOOL POLICY & PROCEDURES

EMOTIONAL HEALTH & WELLBEING POLICY



Mission Statement

*'The Lord God requires of us that we should help others whenever we can,
always make the right choices and be the best that we can be in everything that we do'.*

Policy: Emotional Health and Wellbeing Policy		
Type: School Policy	Website: Yes	Author: K. Fairbrother
Approved: May 2022		Next Review: June 23
Frequency: Annual		Delegated: Governors or Committee
Notes:		

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

Policy Statement

At St Cuthbert's RC High School, 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 school 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 school 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 First Aid and Medical Needs policy in cases where pupils mental health needs overlap with these.

This policy should also be read in conjunction with policies for Behaviour and Anti-bullying, and PSHE 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:

- Tracy Logan- Designated Safeguarding Lead
- Jennifer Waft- Designated Safeguarding Lead
- Kelly Fairbrother- Mental Health and Emotional wellbeing lead
- Nikki Hamnett- SENDco

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 skills for life curriculum. The specific content of lessons will be determined by the specific needs of the cohort we're teaching but we will also use the Skills for Life curriculum 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/ interventions.

- SELECT offer of interventions.
- Bereavement support program
- CBT based 1-1 work with the Mentally Healthy Schools Team
- Group Work/Mental health and wellbeing workshops
- Health Champions peer support scheme.
- 1-1 Counselling/ psychoeducation

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

- Strengths and Difficulties questionnaire
- Class charts wellbeing analytics
- Pupil Voice Surveys

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 are trained to complete referrals into the wellbeing team, identifying a range of possible difficulties including:

- Attendance
- Punctuality
- Relationships
- Approach to learning
- Physical indicators
- Negative behaviour patterns
- Family circumstances
- Recent bereavement
- Health indicators

Referrals are discussed at a weekly allocation meeting with subsequent actions/support being put in place.

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 officer or the health and 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 parental workshops/ informative sessions
- Ensure that all parents are aware of who to talk to, and how to get in touch with the appropriate staff member, 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 Skills for Life 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 nursing service

Educational psychology services

Behaviour support through Early break, Sunrise Team, Police

Paediatricians

CAMHS (child and adolescent mental health service)

#Thrive

Counselling services

Family support workers

Therapists

Young Peoples Mentally Healthy Schools Team

Hamer Boxing

Manchester United Foundation

Kooth

Virgin Care

Rochdale Connections Trust

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.

Key school staff are trained as Mental Health Champions. All staff have completed Winston's Wish Bereavement Training.

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.