

Mental Health Policy



Shoreditch Park
Primary School

Shoreditch Park Primary School is a Rights Respecting School.

School policies respect the UN Convention on the rights of the child.

The Mental Health Policy links to:

Article 3 (best interests of the child) The best interests of the child must be a top priority in all decisions and actions that affect children.

Article 23 (children with a disability) A child with a disability has the right to live a full and decent life with dignity and, as far as possible, independence and to play an active part in the community. Governments must do all they can to support disabled children and their families.

Strategic Leadership and Culture

Mission Statement

At Shoreditch Park Primary we recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement. We aim to promote positive mental health and wellbeing for our whole school community, and recognise how important mental health is to our lives in just the same way as physical health. Positive mental health provides the essential foundations for educational attainment and helps to prevent behavioural problems. This can lead to enhanced opportunities in the future and positive life choices.

"Wellbeing is about more than living 'the good life'; it is about having meaning in life, about fulfilling our potential and feeling that our lives are worthwhile" (Eckersley 2005).

The World Health Organisation defines mental health as a state of wellbeing in which every individual achieves their potential, copes with the normal stresses of life, works productively and fruitfully, and is able to make a contribution to their community. Mental health includes our emotional, psychological and social wellbeing.

- emotional wellbeing – this includes being confident, happy and not depressed;
- psychological wellbeing – this includes the ability to be autonomous, problem-solve, manage emotions, experience empathy and be resilient;
- social wellbeing – this includes the ability to have good relationships with others and to avoid engaging in disruptive, aggressive or bullying behaviour (NICE, 2014)

At our school, we aim to promote positive mental health for every child, parent/carers and staff. We pursue this aim using both universal, whole school approaches and specialised, targeted approaches aimed at identified vulnerable pupils and families.

The Department for Education (DfE) recognises that: *"in order to help their children succeed; schools have a role to play in supporting them to be resilient and mentally healthy"*.

Through our wellbeing provision we aim to ensure pupils:

- express and manage a range of emotions
- form and maintain good relationships with others
- cope with change and uncertainty
- develop and thrive
- learn to be resilient

Mental Health and Emotional Wellbeing in the Curriculum

ASPIRE is our character based curriculum which is based around 6 values – achievement, self-awareness, pride, inclusivity, respect and enquiry.

Through our ASPIRE curriculum we teach the knowledge and social and emotional skills that will help children to be more resilient, understand about mental health and be less affected by the stigma of mental health problems.

Achievement – Pupils learn about resilience and perseverance. They explore ways of motivating themselves to bounce back if they fail at something. We promote high aspirations for school and the future.

Self-Awareness – We teach our pupils how to identify a range of emotions and to discuss what these feel like to others. Pupils build up a toolkit of strategies to manage these emotions. Pupils learn to think about how their actions have an impact on others and themselves. They are aware of who they can talk to if they are worried.

Pride – The pride strand encourages children to see the best in themselves and others, and to have a positive outlook. We encourage pupils to take pride in their learning, family, community and of who they are as an individual.

Inclusivity – Being inclusive is an important aspect of our school mental health policy. All pupils know that they have rights and that every child's rights should be upheld. We encourage pupils to be inclusive to others and tackle issues such as discrimination and bullying. We acknowledge Mental Health Awareness Week to raise awareness and dispel social stigma around this topic. Children learn to empathise and support others.

Respect - We want our pupils to understand that respect is not just shown to other people but also to themselves. We encourage every pupil to respect their emotional and mental health needs just as they would their physical needs.

Enquiry – The enquiry strand encourages children to dig deeper, ask questions and discuss ideas and opinions. We encourage children to discuss mental health and wellbeing in an open and supportive way.

Children and Young People

At Shoreditch Park Primary School we understand that:

Mental health doesn't mean being happy all the time. Neither does it mean avoiding stress altogether. Coping and adjusting to setbacks are critical life skills for children, but it's important that they develop positive, rather than negative, coping skills.

<https://www.mentallyhealthyschools.org.uk/whats-mental-health/>

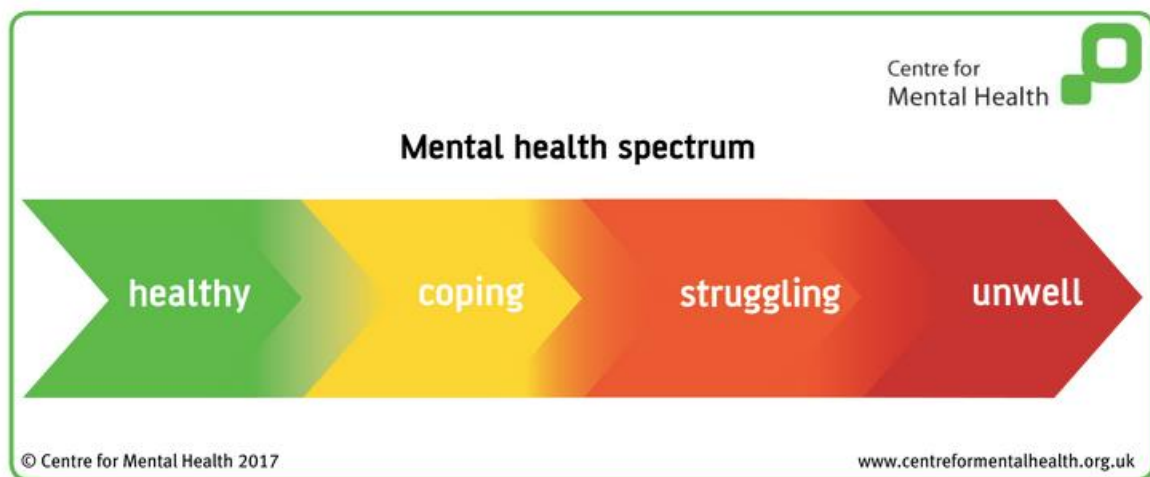
Universal Provision

Mental health and wellbeing is a priority at Shoreditch Park Primary School. We promote positive mental health through a number of different strategies and approaches within or in addition to the ASPIRE curriculum including:

- Child led assemblies raising awareness of mental health.
- Child friendly mental health and safeguarding policies.
- Playground Pals – peer support and friendship.
- Tell Me Folders – a folder in each class where pupils can share their concerns or worries
- Weekly ASPIRE lessons which foster wellbeing and help to prevent mental health problems.
- Displays and information around the School about positive mental health and where to go for help and support.

Targeted Support

At Shoreditch Park School we understand that mental health is influenced by different factors overtime and that children may be at different stages on the Mental Health Spectrum over their school career.



<https://www.centreformentalhealth.org.uk/mental-health-among-children-and-young-people>

Consequently Shoreditch Park Primary School also offers targeted support for children that are struggling and have been identified from benefitting from some additional support around their mental health and wellbeing.

- Gardening nurture groups – these are support groups for specific children identified as having greater need.
- Social skills groups - a small group intervention to improve children's communication skills around turn taking, dealing with issues, resolving conflict etc.
- Multi Family Group in Schools - provides accessible support for children and parents who are presenting with behavioural and/or emotional wellbeing difficulties at school.
- 1:1 check- ins or mentoring for children experiencing
- Weekly access to an on-site school counsellor
- Referral to specialist support such as: Educational Psychology, First Steps, CAMHS, and Disability CAMHS.

Supporting Mental Health in children with SEND.

Shoreditch Park School is an inclusive school with an Autism Resource Provision on site. We understand mental health difficulties as both a primary need and as secondary need to other types of Special Educational Needs (SEND). Children on the SEND register at school support or with an EHCP have access to both universal and targeted support as listed above. However we acknowledge that sometime children need a more bespoke approach to supporting them with their mental health. This may include:

- Bespoke training to staff to in supporting children with SEND that is renewed regularly.
- Relevant information related to a child's SEND is shared with all stakeholders as appropriate to provide them with the best support in school.
- Support from external agencies in supporting the needs of these children as necessary.
- A differentiated curriculum for helping children with SEND to learn about healthy minds that is accessible to each individual.
- Use a range of methods to obtain 'Pupil Voice' from children with SEND, seeking support from external agencies when necessary.
- Multi-agency individual support plans for children with SEND, with contributions from school, parents, external professionals and the child which can include information to support mental health e.g. what's important to me, what's important for me.

Teachers and School Staff

Staff Responsibilities

All staff at Shoreditch Park Primary School have the responsibility to identify when a child may have moved along the mental health spectrum and be showing signs of mental health difficulties. Similarly to the safeguarding and child protection policy, school staff should pass on any concerns about a child's mental wellbeing to the Inclusion Team at Shoreditch Park Primary School using a Cause for Concern form.

In order to successfully identify any mental health concerns all staff receive training on to understand the risk factors that contribute to mental health difficulties and how to report concerns appropriately.

The Inclusion Team

All of the staff in the Inclusion Team have significant crossover with mental health and wellbeing due to their pastoral roles in the school (outlined below) and coordinate and provide pupil support and liaison with external services.

Name	Role	Responsibility
Rachel Cleverton	Deputy Head for Inclusion	<ul style="list-style-type: none">• Strategic Lead for Safeguarding and SEND• Designated Safeguarding Lead• SENCO for KS1 and KS2• Mental Health Champion
Alix Bevington	Assistant Head for Inclusion	<ul style="list-style-type: none">• Head of Autism Resource Provision• Designated Safeguarding Lead• SENCO for EYFS
Claire Keady	Pastoral and Child Protection Lead	<ul style="list-style-type: none">• Designated Safeguarding Lead• Behaviour Lead• Attendance Lead• Mental Health Champion
Mondz Sigola	Learning Mentor	<ul style="list-style-type: none">• Nurture Provision Lead• Multi-Family Group in Schools Lead• Pupil Voice Lead• Rights Respecting Schools Lead

Staff Wellbeing

Shoreditch Park Primary School recognises that in order to support children's mental health and wellbeing effectively it is important to promote staff wellbeing. All staff have full access to Education Support Partnership: a service which offers advice, counselling and support to staff members for professional and personal problems. We also recognise the link between mental and physical wellbeing and provide free weekly exercise classes open to all staff.

Parents and Carers

Shoreditch Park Primary School recognises the important role that parents and carers have in promoting and supporting the mental health and wellbeing of their children and in supporting children who have an identified mental health need.

Admissions meetings include a discussion around the importance of healthy minds for learning and we promote this through the ASPIRE curriculum. Parents and carers will be asked to inform the school of any mental health needs their child has and any issues that may impact on their child's wellbeing and mental health. Information will be provided to parents on how they can promote mental health and resilience when the child starts school, through a leaflet.

Working with all parents

To support all parents we:

- Organise a range of activities at a universal level, including parent workshops e.g. on protective factors, risk factors and strategies for supporting mentally healthy minds.
- Make our mental health policy readily available to parents on our school website
- Use the school website to sign post parents to information on common mental health difficulties.
- Use the website to sign post parents to services available in school and services available outside of school.
- Ensure parents know who they can speak to if they have concerns about their own child's mental health or a child's friend.
- Include mental health topics taught through 'ASPIRE' on the school website and share information about how parents can extend this learning at home.

When parents have difficulty accessing this information e.g. due to the speaking English as an additional language, we will strive to ensure information is provided in a mode they are able to understand.

Working with parents or carers of a child with an identified Mental Health difficulty

When a mental health need has been raised for a child, we have a clear pathway for support and communication with parents through the Inclusion Team at Shoreditch Park Primary School.

We understand that parents and carers may react in different ways to knowing their child has a mental health difficulty and we endeavour to be both sensitive and supportive.

The Inclusion Team will:

- Contact parents or carers and arrange a meeting with them (although there may be some circumstances where this doesn't happen, such as if there has been an identified safeguarding incident).
- Offer information that can be taken away
- Be available for follow up meetings or calls.

- Explain to parents about how they can help their child
- Keep parents and carers up to date on interventions / support given to child in school
- Support parents to access services outside of school, where appropriate.

Supporting Mental Health within Families

At Shoreditch Park Primary School we understand the impact that having a mental health difficulty or Special Educational Need (SEND) can have not only on the child, but on the rest of the family. We endeavour to ensure that mental health is supported within families, as well as the child.

- We provide parent workshops on strategies to support children with an identified mental health difficulty or SEND at home.
- We invite professionals from other agencies to provide support to families where deemed appropriate e.g. Speech and Language Therapists.
- We provide sign posting to services that can be accessed in the community e.g. positive parenting programmes, SENDIAGS, Earlybird, Short breaks.
- We include links to the 'Local Offer' website on our school website.

Links to external agencies

At Shoreditch Park Primary School we draw upon specialist expertise when needed to support with the mental health and wellbeing of children at both a universal and targeted level. These include:

- Place2Be
- The Anna Freud Centre
- Hackney and City Safeguarding Board
- Children Social Care
- Educational Psychology from both Hackney Learning Trust and Positive Young Minds
- First Steps
- CAMHS
- Disability CAMHS
- Speech and Language Therapists
- Hackney Ark
- RUN

The Senior Leadership Team at Shoreditch Park Primary School make informed commissioning choices about specialist services to support mental health which are outlined in the SEND Information report published on the school website.

Links with other school policies:

SEND Information Report

Safeguarding and Child Protection Policy

SRE Policy

ASPIRE

Behaviour and Anti-Bullying Policy

Additional Resources:

<https://www.centreformentalhealth.org.uk/mental-health-among-children-and-young-people>

<https://www.mentallyhealthyschools.org.uk/>

<https://www.childrensmentalhealthweek.org.uk/>

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/755135/Mental_health_and_behaviour_in_schools_.pdf

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