

## Mental Health and Emotional Wellbeing Policy

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|-----------------------|-------------|------------------------|-------------|
| <b>Policy Number:</b> | NSP17       | <b>Created by:</b>     | CW          |
| <b>Reviewed by:</b>   | CW/VA       | <b>Responsibility:</b> | FGB         |
| <b>Last Review:</b>   | Summer 2025 | <b>Next Review:</b>    | Summer 2026 |
| <b>Review Cycle:</b>  | Annually    | <b>Ratified by GB:</b> | 14/07/2025  |

This policy is available in large print. Please contact the school office who will be happy to arrange this for you.

### Policy Statement

At Purbrook Junior School, we are committed to supporting the emotional health and wellbeing of our whole school community (pupils, staff, parents and carers). We recognise that mental health and emotional wellbeing is just as important to our lives as our physical health.

We have a supportive and caring ethos and our approach is respectful and kind, where each individual and contribution is valued and pupils are supported to reach their potential.

At our school, we understand that everyone experiences life challenges that can at times, make us vulnerable and 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 better understand their emotions and feelings
- Create a safe environment where children feel comfortable sharing any concerns or worries
- Help children socially to form and maintain healthy relationships
- Promote self-esteem and ensure children know they matter
- Encourage children to be confident and 'dare to be different'
- Help children develop emotional resilience and to manage set backs
- Strive to be trauma informed and trauma responsive

We promote a mentally healthy environment through:

- Promoting our school values of respect, team and achieve and encourage a sense of belonging
- Promoting pupil voice and opportunities to participate in decision-making
- Celebrating academic and non-academic achievements
- Providing opportunities to develop self-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:

- A universal, whole school approach
- Support for pupils going through recent difficulties, including any trauma inducing event.
- Specialised, targeted support for pupils with more complex or long term difficulties, including attachment disorder

### Scope

This policy should be read in conjunction with policies where pupils/ adults mental health needs overlap. This may include:

- Behaviour (including anti-bullying)
- PSHE and SMSC. child protection procedures
- SEND and medical policy
- Stress
- Work-life balance

### Lead Members of Staff

We want all staff to be confident in their knowledge of mental health and wellbeing and to be able to promote this in and out of their classrooms.

Supporting and promoting the mental health and wellbeing of staff is an essential component of a healthy school. At Purbrook Junior School we promote opportunities to maintain a healthy work life balance. Staff are supported pastorally by a dedicated mental health and wellbeing team and have access to enriched opportunities. Staff also have access to external support systems.

Whilst all staff have a clear responsibility to promote the mental health and wellbeing of pupils, staff with a specific, relevant remit include:

Craig Williams – Headteacher / DSL and Mental Health and Emotional Wellbeing lead

Vicky Ashton – SENCo and Inclusion Lead / Mental Health and Emotional Wellbeing lead (MHFA)

### 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 PSHE curriculum. Specific content is directed and determined by the needs of the cohort.

### Targeted Support

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

- Brilliant Schools
- Circle time approaches or 'friendship' clubs
- Managing feelings resources e.g. 'worry boxes' and 'worry eaters'
- Mental Health and Wellbeing groups
- ELSA support groups
- Therapeutic activities including art, lego and relaxation and mindfulness techniques.
- Nurture work
- Whole school initiatives
- U Chat We Listen

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

- Strengths and difficulties questionnaires
- The Boxall Profile
- Emotional literacy scales
- Staff questionnaires

### Signposting

We will ensure that all pupils, staff 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 made aware of warning signs which may indicate a student is experiencing mental health or emotional wellbeing issues. All concerns are reported to the designated adults within school and needs are assessed through a triangular approach with SLT, class teachers and SENCO to ensure the child gets the support they need, either from within school or from an external specialist service, as quickly as possible.

Possible warning signs include:

- Changes in eating / sleeping habits
- Becoming socially withdrawn
- Changes in activity or mood including escalated or confrontational behaviour
- Talking or joking about self-harm or suicide
- Risk taking or reckless behaviour
- 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 and Carers

Parents or carers can approach their child/children's class teacher if they have mental health concerns. This will then be cascaded to the Mental Health leads for assessment.

To support parents and carers 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, PSA etc.
- Make our mental health and emotional wellbeing 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 Robins Oak
- Havant Mental Health Team
- CAMHS
- Children's Services
- Therapists
- Counselling Services
- Family Support Workers

### 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 pupils safe. 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.