



'Educating Hearts, Educating Minds'



**Little Leigh Primary School
Mental Health and Wellbeing Policy**

Reviewed 2024

Our Key Values

Our school values of *educating hearts, educating minds* can be seen throughout Little Leigh's curriculum and are integral values within positive mental health and wellbeing.

At Little Leigh Primary School, we believe that lifelong knowledge can only grow where the roots of that knowledge are firmly grounded in a hidden depth of personal and social strength. We commit to developing confident, enquiring children who can articulate their value and see themselves as the future. We nurture children in the knowledge that sustainable, healthy growth occurs best where independence and resilience are fostered.

Our School Vision

At Little Leigh Primary School Primary School, we aim high. We want every part of our school community - pupils, parents and members of staff to experience success. Little Leigh Primary School works hard to create a happy, safe and stimulating setting where children are motivated to learn. By maintaining high expectations of ourselves and each other, our children will be equipped to encounter opportunities and challenges with resilience and aspiration. We strive to ensure that our children will contribute positively, now and in the future.

Taking care of our Mental Health

Mental health is a state of well-being in which every individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community. (WHO)

At Little Leigh Primary School, we are committed to supporting and promoting positive mental health for every member of our staff and all our pupils. We pursue this aim using whole school approaches and specialised, targeted approaches aimed at vulnerable pupils.

At Little Leigh Primary 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 Little Leigh Primary School, we aim to;

- help children to better understand their emotions and feelings
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain positive relationships
- promote self esteem and social strength
- help children to develop emotional resilience and to manage setbacks.

In addition to promoting positive mental health, we aim to recognise and respond to mental ill health. 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 and Anti-bullying and SMSC policies. It should also sit alongside child protection procedures.

Our Key Members of Staff for Mental Health and Wellbeing

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

- Mrs Toni Clarke - Designated Child Protection / Safeguarding Lead/Behaviour Lead

- Mrs Joanne Proctor - Mental Health and Well Being Lead
- Mrs Margi Ireland – Family Support Worker
- Mrs Helen Thompson – Emotional Intervention Support Provider
- Mrs Sarah MacPherson – Personal Development Governor

Mental Health and Wellbeing Provision at Little Leigh Primary School

We promote a mentally healthy environment through a tiered approach to mental health and wellbeing.

Whole School Provision

This includes;

- Promoting our values and the sense of belonging to Little Leigh Primary School
- Our behaviour approach including restorative conversations and a trauma informed approach
- Our personal development curriculum
- Regular staff training
- Promoting pupil voice and opportunities to participate in decision making
- Whole school assemblies celebrating both academic and non-academic success
- Our learning approaches such as Walkthrus.

Targeted Provision

This includes;

- Social and Emotional support provision
- Behaviour Support plans
- Targeted family support
- Our family support worker is also a qualified bereavement counsellor offering direct access to this support.

Individual Care Plans

It may be helpful to draw up an individual care plan for pupils who need help with their mental health. This should be drawn up involving the pupil, the parents and relevant health professionals. This can include:

- Details of a pupil's condition
- Special requirements and precautions
- Advice for staff on managing any associated behaviours
- Medication and any side effects
- What to do, and who to contact in an emergency
- The role the school can play

Teaching about Mental Health

The skills, knowledge and understanding needed by our pupils to keep themselves and others physically and mentally healthy are included as part of our personal development curriculum.

We use guidance and resources from RHSE document, Heads Together; Mentally Healthy Schools website <https://www.mentallyhealthyschools.org.uk/> and Anna Freud Centre's campaign 'You're Never Too Young to Talk Mental Health' <https://www.annafreud.org/what-we-do/schools-in-mind/youre-never-too-young-to-talk-mental-health/>

Signposting

We will ensure that staff, pupils and parents are aware of sources of support within school and in the local community. Where support cannot be met within school, we will signpost to wider services such as parenting courses and external agencies.

Warning Signs

School staff may become aware of warning signs which indicate a staff member, pupil, or a parent/carer 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 SLT. Disclosures will be managed in line with our safeguarding policy.

Possible warning signs include:

- Changes in eating / sleeping habits
- Becoming socially withdrawn
- Changes in activity and mood
- Showing signs of self-harm
- Talking 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
- Demonstrating behaviours which could be a result of feeling 'shame'

Staff (and Governor) Wellbeing

Staff wellbeing is highly valued at Little Leigh Primary School. A supported, healthy workforce is what enables the delivery of our curriculum and support of our pupils. Staff wellbeing is focused in the following ways;

- Planned inclusion of wellbeing discussions within appraisal
- Regular review of workload
- A named wellbeing lead to promote an openness about wellbeing and encourage sharing concerns.
- An investment in good quality Professional Development
- Daily 'check ins' with all school staff
- An agenda item at LAB and TRUST Board meetings

