



Mersey Park Primary School



Emotional Health and Well Being Policy

(Updated Autumn 2019)



Rights Respecting School Article 27: Every child has the right to a standard of living that is good enough to meet their physical, social and mental needs.

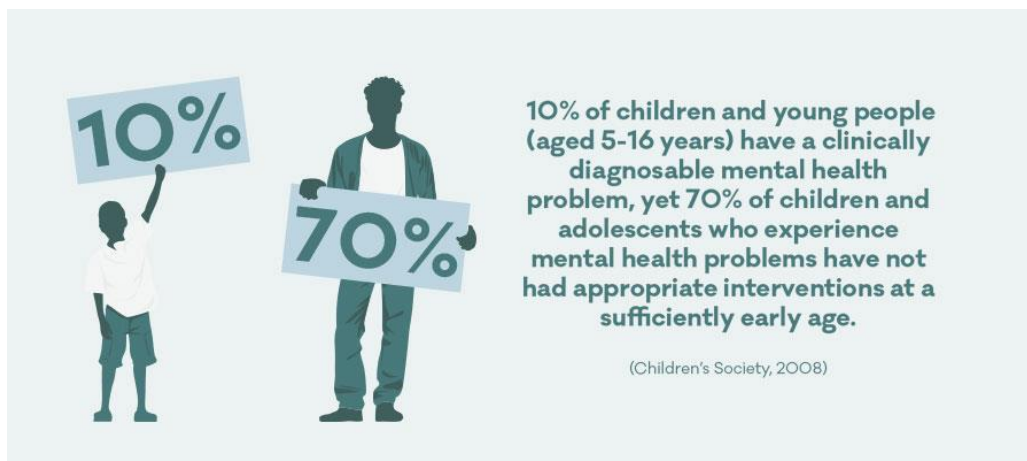
Mission Statement

We promote a caring, supportive environment in which each individual is valued and respected. We have high expectations for all and aspire to achieve excellence.

Mersey Park Primary School recognises that all children and young people need the foundation of positive mental health to benefit fully from all of the opportunities available to them.

Everyone experiences life challenges that can make us vulnerable. At times, anyone may need additional support to maintain or develop good mental health.

- 1 in 10 children and young people aged 5 - 16 years have a clinically recognisable mental disorder in any one year
- 1 in 4 adults will experience mental health difficulties; at least half of these difficulties can be traced back to childhood



- We aim to ensure that staff are aware of what to look out for and who to inform if they are concerned about a child
- We aim to give the best possible mental health support to each child

The mental health of children and young people, adults in schools, parents and carers and the wider whole school community will impact on all areas of development, learning, achievement and experiences.

All children and young people have the right to be educated in an environment that supports and promotes positive mental health for everybody. All adults have the right to work in an environment that supports and promotes positive mental health for everybody.

Mersey Park Primary School recognises these needs and rights. It is committed to raising awareness, increasing understanding and ensuring that Mersey Park can and do make a difference by providing a place where all children feel safe, secure and able to achieve and experience success and well-being.

Mersey Park offers a learning environment that promotes and enhances positive mental health. A consistent approach means that the school environment and school ethos all promote the mental health of the whole school community.

Healthy relationships underpin positive mental health and have a significant impact.

A mentally healthy environment has:

- A clear and agreed ethos and culture that accords value and respect to all
- A commitment to being responsive to children and young people's needs
- Clearly defined mental health links in school policies
- Clear guidelines for internal and external referrals
- Strong links with external agencies to provide access to support and information
- A named lead for mental health promotion with the expectation that there is support and involvement and an ethos that 'mental health is everyone's business'

A mentally healthy environment is a place where children and young people:

- Have opportunities to participate in activities that encourage belonging
- Have opportunities to participate in decision making
- Have opportunities to celebrate academic and non-academic achievements
- Have their unique talents and abilities identified and developed
- Have opportunities to develop a sense of worth through taking responsibility for themselves and others
- Have opportunities to reflect
- Have access to appropriate support that meets their needs
- Have a right to be in an environment that is safe, clean, attractive and well cared for
- Are surrounded by adults who model positive and appropriate behaviours, interactions and ways of relating at all times

A mentally healthy environment is a place where staff:

- Have their individual needs recognised and responded to in a holistic way
- Have a range of strategies that support their mental health, e.g. a named person to speak to, signposting
- Have recognition of their work-life balance
- Have the mental health and well-being of the staff reviewed regularly
- Feel valued and have opportunities to contribute to decision making processes
- Celebrate and recognise success
- Are able to carry out roles and responsibilities effectively
- Are provided with opportunities for CPD both personally and professionally
- Have their unique talents and skills recognised and opportunities are provided for development
- Have time to reflect
- Can access proactive strategies and systems to support them at times of emotional needs in both the short term and the long term

A mentally healthy environment is a place where parents/carers:

- Are recognised for their significant contribution to children and young people's mental health
- Are welcomed, included and work in partnership with schools and agencies
- Are provided with opportunities where they can ask for help when needed
- Are signposted to appropriate agencies for support
- Are clear about their roles and expectations of their responsibilities in working in partnership with school
- Opinions are sought and valued and responded to
- Strengths and difficulties are recognised, acknowledged and challenged appropriately

A mentally healthy environment is a place where the whole school community:

- Is involved in promoting positive mental health
- Is valued for the role it plays in promoting positive mental health
- Contributes towards the ethos of the school

A healthy learning environment provides opportunities that promote positive mental health, through the standard curriculum and extended provision. At Mersey Park we provide:

- Jigsaw PSHE curriculum
- Specific Mental Health age appropriate assemblies and lessons delivered throughout each year
- Mindfulness for children
- Each child has a self-selected staff buddy
- School's approach to 'Growth Mindset' is embedded in the curriculum
- Philosophy for Children (P4C)
- Heartmath program and 'Calm Room' available
- Diversity work completed annually (Stonewall resources)
- Peer Mentor training for Anti-Bullying Ambassadors, Play Leaders and Responsibility Coaches
- Chat box available for pupils to leave a note to ask a member of staff to speak to them
- A wide range of children's literature is available for staff to use to raise and discuss specific issues (anger, worries and anxiety, violence and trauma, refugees, depression in the family, facing your problems, sharing concerns, diversity, following your dreams etc.)

At Mersey Park we have a Strong Pastoral Care Team consisting of:

- Deputy Head (Designated Safeguarding Lead)
- SENCo who provides support for identified pupils either individually or in small groups
- Assistant Safeguarding Officer

- Home/School Liaison Officer who works with parents/carers to provide and signpost support
- Input also from Caritas and Next Chapter who provide support for identified families one day a week

The Pastoral Team meet every week to discuss and share concerns about individual children and families who are receiving support, and those we think may need it in the future.

SENCo, Assistant Safeguarding Officer and Teaching Assistants trained to lead small group and individual support programmes such as:

- Drawing and Talking Therapy (Emotional issues, trauma)
- Happy to be Me (Self-esteem)
- Choose to Cope (Anxiety)
- Next Step Cards (Goal based outcome depending on individual needs)
- Lego Therapy (Social skills)
- Forest Schools (Team building)
- Circle of Friends (Enhances inclusion)
- Rainbow Circles (for building and enhancing attachment, self-esteem and trust in others)
- Peacemakers (Anger Management)
- Muddle, Puddles and Sunshine (Bereavement)
- Elephants' Tea Party (Preparing for Bereavement)

As well as the above programmes, staff have also been trained:

- Child Bereavement UK online training completed
- Mental Health First Aid
- CAMHs training attended:
 - Weathering the Storm
 - Keeping the Family in Mind
 - Attachment

At Mersey Park we have many external links to support our mental health provision including:

- Selected to take part in the Accelerator Schools project which brings together education and health (CAMHs) to share good practice amongst other schools
- School nursing service
- Educational Psychologist
- Caritas
- Community Works
- CAMHS (Referral and advice line)
- Stonewall (Diversity)
- Child Bereavement UK
- Paws.b (Mindfulness)
- Next Chapter (Family Support)

- Butterflies

The implementation of the policy for promoting positive mental health in school:

- Will give school a cohesive and coordinated approach to mental health
- Should underpin all policies and practices currently used in school
- Will raise awareness as to how the whole school community can look after their own mental health and that of others
- Will help to de-stigmatise mental health
- Will support people and provide opportunities that enable everyone to reach their potential
- Will strengthen relationships and provide opportunities for different ways of working
- Will provide foundations for life-long learning
- Will promote and strengthen resilience throughout the whole school community and empower everyone to face life's challenges

The promotion of positive mental health for children and young people is everyone's business

