

Individual Growth, Individual People'

Head Teacher: Mrs M A Tyers



Newark Orchard School Mental Health & Wellbeing Policy March 2023

Policy statement

At Newark Orchard school, we are committed to supporting the mental health and wellbeing of our students and staff. Our culture is supportive, caring, and respectful. We encourage students to be open and we want each student to have their voice heard. At Newark Orchard school, we acknowledge that everyone experiences different life challenges, and that each of us may need help to cope with them sometimes. We understand that anyone at any time may need additional emotional support.

At Newark Orchard school, positive mental health is everybody's responsibility. We all have a role to play.

Policy scope

This policy is a guide to all staff and governors. It outlines our approach to promoting student mental health and wellbeing. It should be read and understood alongside our other relevant school safeguarding policies.

Policy Aims

The aim of our policy is to demonstrate our commitment to the mental health of our staff and students.

At our school, we will always:

- Help students to understand their emotions and experiences better.
- Ensure our students feel comfortable sharing any concerns and worries.
- Help students to form and maintain positive relationships.
- Help to promote students' self-esteem.
- Help students to develop resilience and ways of coping with setbacks.

We will always promote a healthy environment by:

- Promoting positive mental health and emotional wellbeing in all students and staff.
- Celebrating both academic and non-academic achievements.
- Promoting our school values and encouraging a sense of belonging and community.
- Providing opportunities to develop a sense of worth and to reflect.
- Promoting our students' voices and giving them the opportunity to participate in decision making.
- Celebrating each student for who they are and making every student feel valued and respected.
- Adopting a whole school approach to mental health and providing support to any student that needs it.
- Raising awareness amongst staff and students about mental health issues and their signs and symptoms.

- Enabling staff to respond to early warning signs of mental-ill health in students.
- Supporting staff who are struggling with their mental health

Key staff members

All staff members have a responsibility to promote the mental health of students and each other. However, certain staff members have a specific role in the process. These are:

Our Designated Safeguarding Officers:

Rebecca Turner (Senior DSO)

Margot Tyers

Leanne Hurdle

Lisa Williams

Ryan McWilliams

Link Governor for Safeguarding

Laura Redfern

Senior Mental Health Lead

Margot Tyers

Pastoral Deputy Head Teacher:

Lisa Williams

Mental Health First Aiders

Rebecca Turner

Sarah White

Assistant Mental Health First Aiders

Pauleen Johnson

Séan O'Sullivan

Sally Baker

Katie Prestage

Catherine Mason

Savannah Fowlds

Sally Wakefield

Link Governor for Mental Health & Wellbeing

Clare Whitchurch

If a member of staff is concerned about the mental health and wellbeing of a student, then in the first instance they should speak to a Designated Safeguarding Officer

If a child presents a medical emergency then relevant procedures will be followed, including involving the emergency services.

Teaching about mental health

Our PHSE and Safeguarding curriculum is developed to give students the skills, knowledge, and understanding they need to keep themselves mentally healthy. We will regularly review our PHSE curriculum and lesson content to ensure that they're meeting the aims outlined in this policy. This is also implemented into our curriculum at all stages to provide students with strategies to help keep them mentally well.

Support at school

We have a range of support available in school for any students struggling, as listed below:

Mental Health Interventions – Sarah White

Draw and Talk – Hannah Marson & Savannah Fowlds

ELSA- Harry Tyers

Play Therapy- Rebecca Turner & Jen Watson

Emotion Coaching- All staff to be trained in March 2023

Many classrooms practice Mindfulness activities on a daily basis at the most appropriate time of the day. All staff know the students well and can quickly identify any changes in their behaviour or presentation.

Community Support

Link Educational Psychologist- Katie Ruane: Referral via Leanne & Lisa

CAMHS- Referral form: OneDrive-Whole school- Mental Health

CAMHS Crisis Team; 01158440560

Tackling Emerging Threats to Children (TETC) tetc@nottscc.gov.uk

BeUNotts: referral via website - www.beusupport.co.uk

Useful websites for Staff, Students & Parent/Carers:

www.nottalone.org.uk

www.beusupport.co.uk

www.youngminds.org.uk

www.harmless.org.uk

www.mentallyhealthyschools.org.uk

www.childline.org.uk

www.shawmind.org.uk

www.kooth.com

Facilities in Newark:

www.beanblocknewark.co.uk

A 'Breathe Café' for parents & carers

[YMCA Newark & Sherwood | Local Charity \(ymcanewarksherwood.org\)](http://ymcanewarksherwood.org)

Activities to support health and wellness of young people

Signposting

We ensure that all staff, students and parent/carers are aware of the support that's available in our school for mental health. This includes how to access further support, both inside and outside of school hours.

Identifying needs and warning signs

All of our staff are trained in safeguarding and how to spot changes in students' behaviour and presentation. They are able to offer early support to students who need it, when they need it. These warning signs will always be taken seriously and staff who notice any of these signs will communicate their concerns with the Designated Safeguarding Officer as appropriate and record them on CPOMS. Staff will be able to identify a range of behaviour and physical changes, including:

- Physical signs of harm.
- Changes in eating and sleeping habits.
- Increased isolation from friends and family and becoming socially withdrawn.
- Changes in mood.
- Talking and/or joking about self-harm and/or suicide.
- Potential Drug and alcohol abuse.
- Feelings of failure, uselessness, and loss of hope.
- Secretive behaviour.
- Clothing unsuitable for the time of year, e.g. long sleeves in summer
- Negative behaviour patterns
- Staff will also be able to identify a range of issues, including:
 - Attendance and absenteeism.
 - Punctuality and lateness.
 - Changes in attainment and attitude towards learning.

- Potential Family and relationship problems.

Finally, staff will be well placed to identify any additional needs arising from difficulties that may impact a child's mental health and wellbeing, such as bereavement and health difficulties.

Managing disclosures

If a student discloses concerns about themselves or a friend, to any member of staff, then all staff will respond in a calm, supportive, and non-judgemental manner. All disclosures will be recorded confidentially via CPOMS and only shared with the appropriate authorities if it's necessary to keep the child safe, in line with our Child Protection Policy.

Whole school approach

We take a whole school approach towards the mental health of our students. This means working with parents and carers and with other agencies and partners, where necessary.

Working with parents and carers

We aim to support parents/carers as much as possible. This means keeping them informed about their child and offering our support at all times. To support parents, we will:

- Highlight sources of information and support about mental health and emotional wellbeing that we have in our school.
- Support parents to access further support.
- Ensure that parents are aware of who to talk to if they have any concerns about their child.
- Give parents guidance about how they can support their child's/children's positive mental health.
- Ensure this policy is easily accessible to parents.
- Keep parents informed about the mental health training our school staff receive and how mental health is covered in our school curriculum

Working with other agencies and partners

As part of our whole school approach, we will also work with other agencies to support our students' emotional health and wellbeing. This might include liaising with:

The Community nurse

The Healthy Families Team

Physiotherapists

Occupational Therapist

Speech & Language Therapists

Paediatricians.

CAMHS.

Counselling services.

Therapists.

Social Workers

Family support workers.

Behavioural support worker

Educational Psychologists

Link PCSO

Training

All staff will receive regular training in child mental health so that they can recognise and respond to mental health issues. This will form part of their annual safeguarding training and is a requirement to keeping children safe. Training records will be held by the senior DSO. We will post all relevant information, and additional information, on our school website so staff can learn more about child mental health. We will consider additional training opportunities for individual staff and we will support additional CPD throughout the year where it becomes appropriate due to developing situations with pupils.

Policy Review

This policy will be reviewed every year. This is so that it remains up to date, useful, and relevant. We will also regularly review it in accordance with local and national policy changes.