



Emotionally Healthy Schools

At Portway Infant School it is our vision that all children are entitled to develop to their fullest potential academically, socially, emotionally and healthy well beings, enabling each child to grow in confidence and be able to fully participate in everything that goes on in the wider community. It is widely recognised that a child's emotional health and wellbeing influences their cognitive development and learning, as well as their physical and social health and their mental wellbeing in adulthood. The department for Education recognises that, in order to help their pupils succeed: schools have a role to play in supporting them to be resilient and mentally healthy.

"Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." (World Health Organization 2014)

At our school, we aim to promote positive mental health for every child, parent/carer and member of staff. We pursue this aim using both universal, whole school approaches and specialised, targeted approaches aimed at identified vulnerable pupils and families. In addition to promoting positive mental health, we aim to recognise and respond to mental ill health. We recognise as a school that by developing and implementing practical, relevant and effective mental health procedures we can promote a safe and stable environment for children affected both directly, and indirectly by mental ill health.

This policy describes the school's approach to promoting positive mental health and wellbeing and is intended as guidance for all staff including non-teaching staff and governors. It should be read in conjunction with our the SEND policy where a student has an identified special educational need and the safeguarding policy in relation to prompt action and wider concerns of vulnerability.

Ethos

Portway Infant School aims to support and teach skills to pupils and staff to increase their awareness of emotional health.

Two key elements to support good mental health are:-

- Feeling Good – experiencing positive emotions like happiness, contentment and enjoyment. Including feelings like curiosity, engagement and safety.
- Functioning Well – how a person is able to function in the world, this includes positive relationships and social connections, as well as feeling in control of your life and having a sense of purpose.

To promote emotional wellbeing and health Portway Infant School aims to:

- Ensure an ethos and environment that promotes respect and values diversity.
- Work with parents and carers
- Target support and appropriate interventions
- Identify need and monitor impact of interventions
- Through the curriculum, teaching and learning promote resilience and support social and emotional learning.
- Offer staff development so staff can support their own wellbeing and that of others.

All staff has a responsibility to promote the mental health and emotional wellbeing of pupils. Staff with a specific, relevant responsibility includes:

- Miss Walker – Designated Safeguarding Lead, Mental Health Lead*
- Mrs Gilbert – SENCo,*
- Miss Broad – Growth Mindset lead
- Mrs Hilton – Physical Education lead*

*Havre attended Mental Health First Aid Training

Pupil Identification

Wellbeing measure include staff observations focusing on any changes in behaviour, attention and presentation this will feed into the identification process as well as any communication from the pupils and parent/carers regarding their emotions and feelings. Any member of staff who is concerned about the mental health or wellbeing of a child should speak to the mental health lead in the first instance. If there is a fear that the child is in danger of immediate harm then the normal safeguarding procedures should be followed with an immediate referral to the safeguarding lead or deputy safeguarding lead. If the child presents a medical emergency then the normal procedures for medical emergencies should be followed, including alerting the first aid staff and contacting the emergency services if necessary.

We always aim to identify children at an early stage and an Early Help Assessment can be filled in or a referral through Sound Minds.

Early Help Assessments

The Early Help Assessment (EHA) is our local assessment used by all agencies working with children and their families in Derby and Derbyshire. It helps everyone to agree what extra help may be needed to support a child or young person at an early stage.

Early help advisors: Cath Brannan 01332 641074
Karen Lane 01332 640723

Sound Minds (www.services.actionforchildren.org.uk/derbyshire/build-sound-minds)

Referrals can be made for children who are experiencing mild to moderate mental health difficulties in areas such as:

- Difficulty making relationships
- Reaction to separation and loss
- Difficulty managing behaviour
- Mild/moderate anxiety symptoms
- Reaction to trauma, including abuse
- Problems with toileting/smearing
- Insufficient stimulation at home
- Low level self-harm
- Problems with eating
- Problems attending school

Staff Identification

It is recognised at Portway that promoting staff health and emotional well-being should be an integral part of the whole school approach to mental health and wellbeing. Therefore training and signposting to materials about mental health and emotional wellbeing will be made available for all staff. An open door policy to senior leadership is always made available for staff and a fully committed supportive governing body. An Emotional Health and Wellbeing file will be made available for every classroom practitioner, Acorn house staff, kitchen and domestic staff, senior leaders and governors. Supervision and appraisal will allow for mutual communication about personal health and emotional wellbeing if both felt it is deemed necessary.

Procedure for Concern in relation to mental health issues.

If a pupil chooses to disclose concerns about their own mental health or that of a friend to a member of staff, the member of staff's response should always be calm, supportive and non-judgmental. Staff should listen, rather than advise and our first thoughts should be of the pupil's emotional and physical safety rather than of exploring

All disclosures should be recorded on a concern form (see safeguarding policy). The form should be given to the Mental Health lead.

Confidentiality – follow the confidentiality policy.

Working with All Parents and Carers

Parents are often very welcoming of support and information from the school about supporting their children's emotional and mental health. In order to support parents we will:

- Highlight sources of information and support about common mental health issues on our school website and in the newsletter.
- Ensure that all parents are aware of who they can talk to, and how to get the support they need if they have concerns about their own child or a friend of their child.
- Make our emotionally healthy schools policy easily accessible to parents.
- Share ideas about how parents can support positive mental health in their children through the newsletter.
- 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.
- Hold termly meetings with parents to discuss how school can support mental health.

Staff Training and CPD

As a minimum, all staff will receive regular training about recognising and responding to mental health issues as part of their regular safeguarding training in order to enable them to keep students 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.

This policy will always be immediately updated to reflect personnel changes and legislation.

C.Walker

Spring 2020

To be reviewed – spring 2023 (or sooner if changes are needed)

