



Rosh Pinah Primary School

Mental Health and Wellbeing Policy

Date of Ratification: December 2020

Updated: March 2025

Wellbeing Statement

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 Organisation).

The wellbeing of our pupils is at the heart of all decision-making processes here at Rosh Pinah.

Rationale

At Rosh Pinah we are committed to supporting the emotional health and wellbeing of our whole school community – pupils, staff, parents/carers and governors. We understand wellbeing as a state of being comfortable, healthy and happy. 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. We will strive to create an environment, that has a whole school approach, in providing excellent mental health support, understanding and intervention.

At Rosh Pinah we:

- Help children to understand their emotions and feelings better
- Help children to feel comfortable sharing any concerns or worries
- Help children to form and maintain relationships
- Promote self-esteem and ensure children know that they count
- Encourage children to be confident and 'dare to be different'
- Help children to develop emotional resilience and to manage setbacks.

We promote a mentally healthy environment through:

- Our school core values and encouraging a sense of belonging
- Pupil voice and opportunities to participate in decision-making
- Celebrating both academic and non-academic achievements
- Providing opportunities to develop a sense of worth by taking responsibility for themselves and others
- Providing opportunities to reflect
- Accessing support that meets the needs of individuals
- Mental Health (myHappymind) and Personal, Social, Health and Emotional (PSHE) sessions for all year groups
- Wellbeing Week and access to information around the school
- Information for parents and carers.

We pursue our aims through:

- Universal, whole school approaches
- Support for pupils going through recent difficulties including bereavement
- Specialised, targeted approaches aimed at pupils with more complex or long term difficulties.

Teaching about Mental Health

Our compulsory PSHE and Relationships curriculum, which includes "My Happy Mind" an NHS backed programme builds resilience and positive wellbeing. The skills, knowledge and understanding

needed by our students to keep themselves mentally healthy and safe are included in this and done so in a safe and sensitive manner.

In addition, we may follow guidance and advice from the Department for Education, NSPCC, Young Minds, BICS, Life to the full and PSHE Association to ensure that we teach mental health and emotional wellbeing issues in a manner which helps rather than harms.

Responsibility

Any member of staff who is concerned about the mental health or wellbeing of a pupil/student should speak to the DSL in the first instance. If there is a fear that the pupil is in danger of immediate harm, then the normal child protection procedures should be followed with an immediate referral to the Headteacher. If the pupil/student presents a medical emergency then the normal procedures for medical emergencies should be followed, including contacting the emergency services if necessary. This procedure would be the same with any mental health emergency which could include; serious self – harm, suicidal ideation, plan and intent of suicidal activity. Where a referral to CAMHS or any service is appropriate, this will be led and managed by the DSL/HT.

Targeted Support

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

- Circle time approaches
- Targeted use of PSHE / My Happy Mind resources
- Managing feelings resources e.g. 'worry boxes' in classrooms
- Workshops and visitors teaching key issues within PSHE Curriculum
- Mental health and wellbeing support services e.g. BICS , Primary Mental Health Team formerly known as CAMHS (Child and Adolescent Mental Health) in School
- Therapeutic activities including art, Lego and relaxation and mindfulness techniques.

Signposting

We will ensure that staff, student and parents/carers are aware of the support and services available to them, and how they can access these services. In School (noticeboards, staff room/communal areas, toilets etc.) and through our communication channels (newsletter, website), we will share and display relevant information about local and national support services and events.

The aim of this is to ensure staff, pupils and students understand:

- What help is available
- Who it is aimed at
- How to access it
- Why should they access it
- What is likely to happen next

Identifying Needs and Warning Signs

All staff will monitor their pupils and report on a range of possible difficulties including:

- Attendance
- Punctuality
- Relationships
- Approach to learning
- Physical indicators
- Negative behaviour patterns

- Family circumstances
- Recent bereavement
- Health indicators.

School staff may also become aware of further warning signs which may indicate a pupil is experiencing mental health or emotional wellbeing issues. All warning signs will be taken seriously and staff observing any signs change should communicate their concerns with the Designated Safeguarding Lead (DSL) who will share the information as appropriate with the relevant staff members.

Further warning signs include:

- Changes in eating / sleeping habits
- Becoming socially withdrawn
- Changes in activity and mood
- Talking or joking about self-harm or suicide
- Expressing feelings of failure, uselessness or loss of hope
- An increase in lateness or absenteeism.
- Rapid weight loss or gain
- Secretive behaviour
- Covering parts of the body that they wouldn't have previously
- Refusing to participate in P.E. or being secretive when changing clothes
- Physical pain or nausea with no obvious cause
- Physical injuries that appear to be self-inflicted

Working with Parents -

In order to support parents 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.
- Ensure that all parents are aware of who to talk to, and how to get about this, if they have concerns about their child.
- Share ideas about how parents can support positive mental health in their children. (eg – My Happy Mind Parent App)
- Keep parents informed about the mental health topics their children are learning about in PSHE/ My Happy Mind and share ideas for extending and exploring this learning at home. (My Happy Mind Newsletters)

Informing parents:

Where it is deemed appropriate to inform parents/carers, we need to be sensitive in our approach. It can be shocking and upsetting for parents/carers to learn of their child's issues and many may respond with anger, fear or upset. We should therefore give the parents/carers time to reflect and school will support them with this. We should always highlight further sources of information as parents/carers will often find it hard to take in much of the news that we are sharing. We should always provide clear means of how contact can be made with the school regarding further questions and the school should consider booking in a follow up meeting right away as parents/carers may have many questions as they process the information. We should keep a record on each meeting on CPOMS. We will provide local emergency mental health crisis service contact telephone numbers for parents as required.

Working with other Agencies and Partners

As part of our targeted provision to support children's emotional health and wellbeing the School will work with other agencies including:

- The School Nurse
- Educational Psychology Services
- Emotional and Wellbeing support through BICS
- Paediatricians
- The Primary Mental Health Team formerly known as CAHMS
- Counselling Services
- Family Support Workers
- Therapists

Training

As a minimum, all staff will receive regular training about recognising and responding to mental health issues. A nominated member of staff (SMHL) will receive professional Mental Health First Aid training or equivalent.

The School will host relevant information on our website for staff who wish to learn more about mental health for example information on how to access the MindEd learning portal or Anna Freud resources, which provide free online training suitable for staff wishing to know more about a specific issue.

Where the need for specific training becomes evident, we will host twilight training sessions for all staff to promote learning or understanding in that area.

Useful Contacts

<https://hubofhope.co.uk/>

Database of local support groups (enter postcode) for a multitude of mental health concerns including a button for immediate support.

<https://www.behcamhs.nhs.uk/about-us/barnet-camhs.htm>

Barnet CAMHS

<https://www.barnet.gov.uk/children-and-families/early-help-children-young-people-and-families>

Barnet Early Help services

<https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/barnet-integrated-clinical-services-bics>

BICS

<https://www.barnetwellbeing.org.uk/>

The Barnet Wellbeing Service provides access to a wide range of services and activities to help you with your mental health and emotional wellbeing.

<https://kooth.com/>

An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

<http://www.minded.org.uk/>

A free educational resource on children, young people, adults and older people's mental health

<https://www.annafreud.org/>

Anna Freud is a world-leading mental health charity for children and families.

<https://www.griefencounter.org.uk/>

Supporting bereaved children and young people

<https://www.childline.org.uk/>

<https://www.good-thinking.uk/>

Good Thinking provides a range of resources to help Londoners improve their mental wellbeing.

<https://www.headmeds.org.uk/conditions/>

Providing information about different conditions