



MENTAL HEALTH AND WELL BEING POLICY AND PROCEDURES

Policy Reviewed:	September 2019
Next Review:	September 2020

Policy for Promoting Positive Emotional Health in School

Here at BASE Academy we recognise that in order to fulfil our Mission Statement, all children need the foundations of positive mental health to be able to shine both academically, personally and socially.

Mental Health is how we feel, how we think and how we behave.

Mental Health Promotion for children and young people is everyone's business. It is about:

- Being able to form and maintain relationships with others
- Being adaptable to change and other people's expectations
- Being able to have fun
- Being open to learning
- Being able to develop a sense of right and wrong
- Being able to develop the resilience to manage ordinary setbacks

All children and young people need to:

- Be able to connect with others by participating in groups and teams
- Know they are capable and able to achieve
- Know that they count in their world and can contribute to their community
- Know they have courage and can manage risks appropriately

Everyone experiences life challenges that can make us vulnerable. At times anyone may need additional support to maintain or develop good mental health. The mental health of children and young people, adults in school, parents and carers and the wider whole school community will impact on all areas of development, learning, achievement and experiences.

All children 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.

BASE Academy recognises these needs and rights. We are committed to raising awareness, increasing understanding and ensuring that we can and do make a difference by providing an environment where all people feel safe, secure and able to achieve and experience success and well-being. A distinctive feature of our Primary school is the positive, caring and supportive atmosphere we have created. A consistent approach from our dedicated staff team means that our school environment and school ethos all promote the mental health of the whole school community.

At BASE Academy there is a mentally healthy environment where children:

- have opportunities to participate in activities that encourage belonging (e.g. Circle Time, Peer Massage, SEALS)
- have opportunities to participate in decision making (e.g. Class Council and School Council)
- have opportunities to celebrate academic and non-academic achievements (e.g. Celebration Assembly)
- have their unique talents and abilities identified and developed (e.g. Extra-curricular clubs, Gifted and Talented register)
- Have opportunities to develop a sense of worth through taking responsibility for themselves and others. (e.g. residential, school trips)
- have opportunities to reflect (e.g. Circle Time, P4C and Collective Worship)
- have access to appropriate support that meets their needs (e.g. TA support in class or support from Learning Mentor)
- Are surrounded by adults who model positive and appropriate behaviours and interactions at all times.
- Have a right to an environment that is safe, clean, attractive and well cared for.
- Have confidential access to our school counsellor.

At BASE Academy there is a mentally healthy environment where staff:

- have their individual needs recognised and responded to in a holistic way
- have a range of systems in place to support mental well-being e.g. performance management, briefings, training
- have recognition of their work-life balance
- feel valued and have opportunities in the decision making processes
- success is recognised and celebrated
- are provided with opportunities for CPD both personally and professionally
- can access support and guidance at times of emotional need in both the short and long term, provided by the school counsellor and Occupational Health.

At BASE Academy there is a mentally healthy environment where parents and carers:

- are recognised for their significant contribution to children and young people's mental health
- are welcomed, included and work in partnership with the school and agencies
- are provided with opportunities to ask for help when needed and signposted to appropriate agencies for support
- are clear about their role, expectations and responsibilities in working in partnership with the school (e.g. home school agreement shared annually, Parents Meetings)
- Opinions are sought, valued and responded to (e.g. Questionnaires.)
- strengths and difficulties are recognised, acknowledged and challenged appropriately

Procedures when concerned about an Individual's Mental Health

- If any adult in school has a concern regarding a pupil or adult within school, then this should immediately be referred to a designated child protection officer.
- The child should be removed to a safe place if required. If there are any sharp items such as scissors or pencils, these should be removed from the vicinity.
- The child should then have someone present with them at all times.
- They will then decide whether the information should be shared with the school nurse and the child's parent in the case of a child. or
- Human Resources will be contacted when in relation to a member of staff.
- If the incident involves a parent, then A Designated Officer should once again be contacted. They may then decide to contact social services.

- A written account of the concern should be recorded on a child protection sheet and given to the designated officer, as soon as possible but this must be the same day. This information will be placed on CPOMs as soon as possible.
- A risk assessment may be required.

At BASE Academy we pride ourselves on the opportunities we provide to promote positive mental health for everybody, adults and children alike. Opportunities that arise from both within the curriculum and beyond, as part of our SEALS/SMSC curriculum, our Class Circle-times, Peer Massage and School & Class Councils, confidential access to our school counsellor all support our drive to raise awareness of Social, Emotional and Mental well-being. In recognition of our commitment to mental well-being we are currently applying for our Mental Health accreditation.

Our range of lunch-time and after school clubs, as well as our Behaviour and Anti-bullying policy all support and have a positive effect on the mental well-being of our children. Enrichment Activities strengthens relationships and provides different ways of working and involves the wider community. Collective Worship within our school underpins positive mental health and has a significant impact on our children's attitudes and relationships.

The way our Spiritual, Moral, Social and Cultural (SMSC) Curriculum is delivered in school has a huge impact on positive mental health. The nurturing environment of our school, timetabled support for children with additional needs, interventions in place all contribute to mental well-being.

We place a high emphasis on the importance of physical activity and exercise in promoting mental health. Alongside a full and enriching PE curriculum we also promote daily physical activity breaks and active playtimes. LTM's should encourage team-games and healthy competitions at lunchtimes.

A variety of sports clubs run throughout the year to promote physical and mental well-being. Our Healthy Schools Commitment highlights our emphasis on teaching our pupils the importance of a healthy body and a healthy mind.

Our Year 5 and 6 children are encouraged to become Peer Mentors and Prefects to support the younger children within school. This has a very positive impact on all our children and contributes to raising self-esteem, connecting and communicating with others.

The implementation of this policy for promoting mental health in schools:

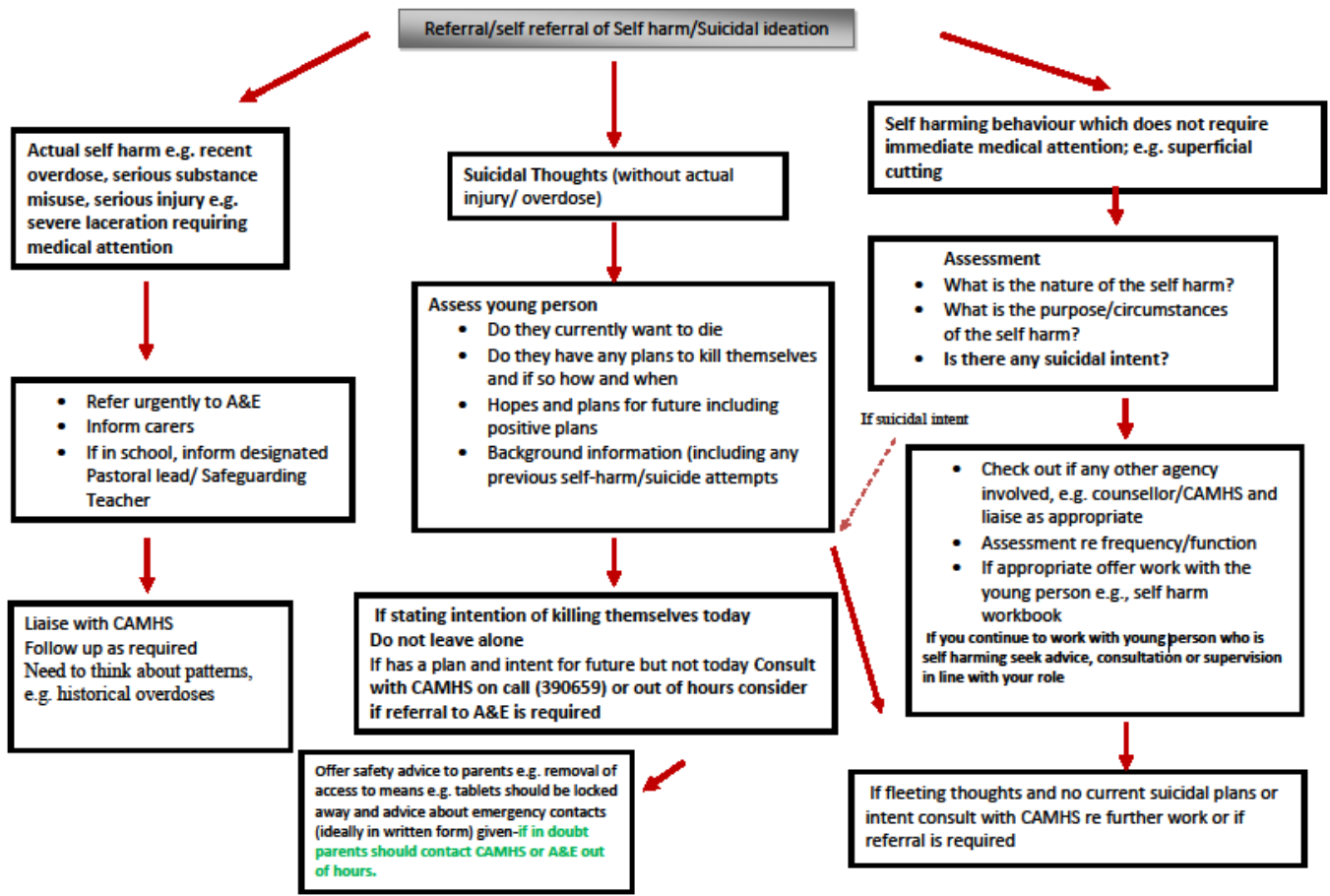
- should underpin all policies and practices currently used in schools
- will strengthen and promote resilience throughout the whole school community and empower everyone to face life's challenges
- will raise awareness as to how the whole school community can look after their own mental health and that of others.
- will provide foundations for lifelong learning

The promotion of positive mental health for children and young people is everybody's responsibility.

This policy is a working document and will be reviewed every year.

References:

- Bright futures: Promoting children and young people's mental health, Mental Health Foundation
- Article 28, 29, 30, 31 United Nations Convention on the Rights of the Child
- Work/Life Balance National Agreement



Referral/self referral of Self harm/Suicidal ideation

Actual self harm e.g. recent overdose, serious substance misuse, serious injury e.g. severe laceration requiring medical attention

Suicidal Thoughts (without actual injury/ overdose)

Self harming behaviour which does not require immediate medical attention; e.g. superficial cutting

- Refer urgently to A&E
- Inform carers
- If in school, inform designated Pastoral lead/ Safeguarding Teacher

- Assess young person
- Do they currently want to die
 - Do they have any plans to kill themselves and if so how and when
 - Hopes and plans for future including positive plans
 - Background information (including any previous self-harm/suicide attempts)

- Assessment
- What is the nature of the self harm?
 - What is the purpose/circumstances of the self harm?
 - Is there any suicidal intent?

Liaise with CAMHS
Follow up as required
Need to think about patterns, e.g. historical overdoses

If stating intention of killing themselves today
Do not leave alone
If has a plan and intent for future but not today Consult with CAMHS on call (390659) or out of hours consider if referral to A&E is required

- If suicidal intent
- Check out if any other agency involved, e.g. counsellor/CAMHS and liaise as appropriate
 - Assessment re frequency/function
 - If appropriate offer work with the young person e.g., self harm workbook
- If you continue to work with young person who is self harming seek advice, consultation or supervision in line with your role

Offer safety advice to parents e.g. removal of access to means e.g. tablets should be locked away and advice about emergency contacts (ideally in written form) given-if in doubt parents should contact CAMHS or A&E out of hours.

If fleeting thoughts and no current suicidal plans or intent consult with CAMHS re further work or if referral is required