

Elworth CE Primary School



Mental Health and Wellbeing Policy

Date:	July 2026
Review Cycle:	2 Yearly
Reviewed By:	S Roberts
Approved By:	Barrie Pitt/Neil Garratt
Next review date:	July 2028
Nominated Governor:	Mr B Pitt

'Love God, Love Learning, Love One Another.' Matt 22:36-39

At Elworth we embrace The Church of England's vision for education which is 'Deeply Christian, Serving the Common Good.' When Jesus was asked which was the greatest commandment, he responded with *'Love the Lord your God with all your heart, all your soul and all your mind' and 'Love your neighbour as yourself'* (Matt 22:36-39). These timeless words are at the heart of our vision, nurturing our community and shaping the ethos of our flourishing school.

School's theologically rooted Christian mission

At Elworth we create a stimulating and caring environment, grounded in Christian belief and practice, so that all members of our school community can flourish. We therefore aim to provide an education that provides pupils with opportunities to explore and develop their own values and beliefs, spiritual awareness, high standards of personal behaviour, a positive caring attitude towards other people, an understanding of their social and cultural traditions and an appreciation of diversity within modern Britain. We maintain that learning should be a rewarding experience for everyone; it should be enjoyable. Through our teaching we equip children with the skills, knowledge and understanding necessary to be able to make informed choices about the important things in their lives. Our six Christian values underpin all that we teach : Courage, Community, Perseverance, Generosity, Compassion, Friendship. Our school rules are: To be Ready, To be Responsible and To be Respectful. These are embedded in each child's mind so that they are fully prepared for living each day successfully. We aspire that all our children are a blessing beyond the school walls, beyond their families, beyond their local community, as global citizens. To achieve this the children and adults at Elworth embark on an exciting and adventurous journey together joining in with God's redemptive work in our lives and throughout the world and learn to be advocates for change.

Policy Statement

Elworth CE Primary School is committed to promoting and supporting positive mental health and emotional wellbeing for pupils, staff, and families. We recognise that mental health is everyone's responsibility and that early identification and timely intervention are essential.

We aim to:

- Create a culture where mental health is openly discussed and supported.
- Promote self-worth, resilience, and emotional literacy.
- Provide safe, supportive relationships with trusted adults.
- Model positive mental health through staff practice.
- Intervene early to prevent escalation of difficulties.
- Work collaboratively with parents, carers, and external agencies.

Legal and Statutory Framework

This policy is written in accordance with:

- **Keeping Children Safe in Education (KCSIE, 2024)**
- **Working Together to Safeguard Children (2023)**
- **Mental Health and Behaviour in Schools (DfE, 2018)**
- **Promoting Children and Young People's Mental Health and Wellbeing (DfE, 2021)**
- **SEND Code of Practice (2015)**
- **Equality Act (2010)**
- **Attendance: Working Together to Improve Attendance (DfE, 2024)**
- **RSHE Statutory Guidance (2020)**
- **Cheshire East Graduated Response for Mental Health**
- **Cheshire East Emotionally Based School Non-Attendance (EBSNA) Framework**

Safeguarding and Mental Health

Mental health concerns may be indicators of safeguarding issues, including abuse, neglect, exploitation, or contextual harm. All staff must follow the school's **Child Protection and Safeguarding Policy**.

Staff must:

- Report concerns immediately to the **DSL or DDSL**.
- Record concerns on **CPOMS**.
- Never promise confidentiality.

Our priority is always the child's emotional and physical safety.

6. Roles and Responsibilities

Pastoral and Safeguarding Team

- Mrs Sara Roberts - Deputy DSL, Mental Health Lead, ELSA, Attendance Champion

- Mrs Sarah Buckley - Assistant Headteacher, SENCo, DSL, LAC Lead
- Neil Garratt - Headteacher
- Cathryn Houghton - Chaplain
- Tom Darby - Physical Wellbeing Lead
- Cara Marrow - Acorns Lead/Safeguarding Assistant
- Natalie Dunning- Admin Team/Safeguarding Assistant

All staff share responsibility for promoting positive mental health.

Identifying Need and Warning Signs

Staff receive annual safeguarding and mental health training. Concerns are monitored through CPOMS and may relate to:

- Attendance or punctuality
- Behaviour or relationships
- Changes in mood, activity, sleep, or eating
- Physical symptoms with no medical cause
- Negative self-talk
- Talk of self-harm or suicide
- Family circumstances

Warning signs must always be taken seriously.

Responding to Mental Health Emergencies

If a child is at immediate risk of harm:

- Stay with the child.
- Inform the DSL/DDSL immediately.
- Contact emergency services if required.
- Follow safeguarding procedures.

Parents will be informed unless doing so places the child at further risk.

Working with Parents and Carers

We will:

- Communicate concerns sensitively and appropriately.
- Share strategies to support children at home.
- Signpost to services including **Togetherness Approach, Visyon, Just Drop In**, and the **Children and Young People's Mental Health Hub**.
- May use the **Emotional Literacy screening tools** where attendance concerns relate to emotional need.
- Encourage parents to complete Togetherness modules when support is requested.

Working with External Agencies

Where appropriate and with consent (unless this places a child at risk), we work with:

- School Nursing Team
- Educational Psychology
- Cheshire East Autism Team
- CAMHS / Mental Health Support Teams
- Visyon
- Just Drop In
- Social Care
- Family Support Workers
- DOVE Bereavement Services
- Cornerstones

We follow the **Cheshire East Graduated Response** to ensure support is proportionate and evidence-based.

Universal, Targeted and Specialist Support

Universal Offer (for all pupils)

- Emotionally literate classrooms
- Daily check-ins and pastoral support
- Collective worship and reflection
- RSHE curriculum
- Prayer spaces and wellbeing activities

- Celebration of achievements

Targeted Support

- Small group or 1:1 pastoral interventions
- ELSA sessions
- Social skills groups
- Anxiety or emotional regulation programmes

Specialist Support

- CAMHS
- Mental Health Support Teams
- Educational Psychology
- Therapeutic services external to school
- Private therapy

Children receiving specialist support may not receive additional school interventions to avoid overwhelm.

Mental Health and Attendance

Elworth CE maintains high expectations for attendance while recognising that anxiety and emotional needs can impact school readiness.

We will:

- Work with families to remove barriers.
- Use the **EBSNA tool** to assess emotional-based non-attendance.
- Make reasonable adjustments under the **Equality Act 2010**.
- Reintegration plans will be agreed collaboratively.

Parents must:

- Report absence daily.
- Work with school to reintegrate their child.
- Discuss concerns in a timely manner with school

- Work collaborably with school- it is up to the school whether or not absences around mental health and wellbeing are authorised or not.

School is not required to conduct home visits unless safeguarding concerns exist.

Curriculum: RSHE and Mental Health Education

Mental health is taught through:

- RSHE curriculum
- PSHE lessons
- Collective worship
- Christian values education
- Assemblies and themed weeks

Pupils learn about:

- Emotions and self-regulation
- Healthy relationships
- Resilience and coping strategies
- Self-esteem and identity
- Where and how to seek help

Staff Mental Health and Wellbeing

We are committed to supporting staff wellbeing through:

- Access to SLT support and HR services
- Reasonable adjustments
- Workload consideration
- Supportive supervision for staff delivering emotional interventions
- Signposting to external services

A mentally healthy staff team models positive wellbeing for pupils

Data Protection and Record Keeping

All mental health information is stored securely on **CPOMS** in line with:

- GDPR
- Data Protection Act 2018
- KCSIE requirements

Access is restricted to authorised staff only.

Monitoring and Evaluation

This policy will be reviewed every two years or sooner if required. Monitoring includes:

- CPOMS analysis
 - Pupil voice
 - Staff feedback
 - Parent feedback
 - Review of interventions and outcomes
 - Governor oversight
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17. Useful Links (Appendix)

- Togetherness Approach: <https://togetherness.co.uk/>
- Visyon: <https://www.visyon.org.uk/>
- My CWA: <https://www.mycwa.org.uk/>
- CYP Wellbeing Hub:
<https://www.cwp.nhs.uk/our-services/east-cheshire/children-and-young-people-wellbeing-hub>
- South Cheshire CLASP: <https://southcheshireclasp.org.uk/>
- Livewell Cheshire East: <https://livewellservices.cheshireeast.gov.uk/Services/1427>
- CE Consultation Service (CHECS):
<https://www.cheshireeast.gov.uk/livewell/care-and-support-for-children/are-you-concerned-about-a-child/cheshire-east-consultation-service-cheecs/cheecs.aspx>
- Ruby's Fund: <https://www.rubysfund.co.uk/>
- My Happy Mind: <https://myhappymind.org/>

- EBSNA Toolkit:

<https://www.cheshireeast.gov.uk/pdf/livewell/toolkit-for-send/january-2024/3.-ce-toolkit-for-inclusion-section-on-ebsna-section-7.pdf>