

The Quinta Primary School

Pupil Mental Health and Wellbeing Policy

Approved by:	SLT Autumn 2022
Last reviewed on:	Autumn 2022
Next review due by:	Autumn 2025

Changes since last review

1.11.24	Removed Kerry Bernard references Removed Hayley Wootton from Safeguarding team
8.6.25	Inserted Jess Milne into SEND team

Aims and Vision

We aim for all pupils to have an awareness of the importance of mental health, the issues and concerns that we can all face and the different strategies that can be used to support them and others. Our vision is for all pupils to be well educated in mental health, can identify when they or others might need some additional support and show tolerance and respect towards mental health issues and illnesses.

Our key aims:

- Promote positive mental health and emotional wellbeing in all staff and students.
- Increase understanding and awareness of common mental health issues.
- Enable staff to identify and respond to early warning signs of mental ill health in students.
- Enable staff to understand how and when to access support when working with young people with mental health issues.
- Provide the right support to students with mental health issues, and know where to signpost them and their parents/carers for specific support.
- Develop resilience amongst students and raise awareness of resilience building techniques.

Supporting pupils' positive mental health

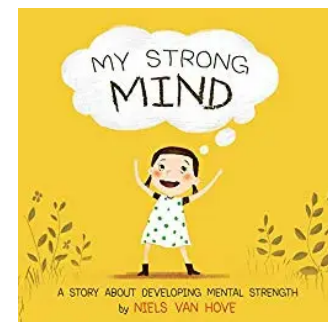
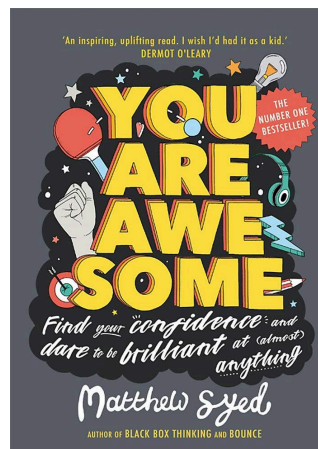
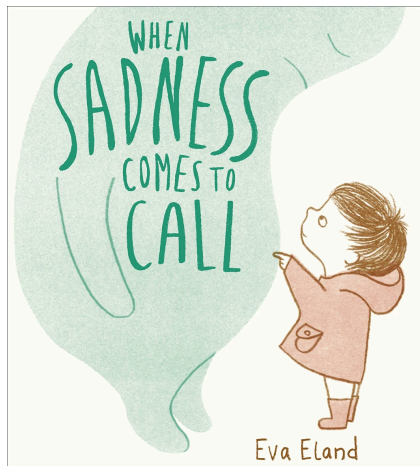
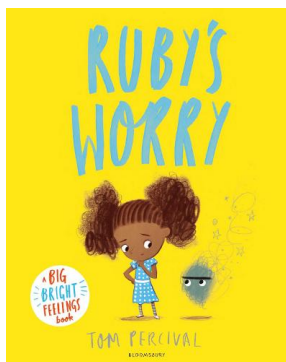
In school there are a wide range of opportunities to support pupils with developing positive mental health:

- The whole school PHSCE curriculum has a dedicated thread to mental health and wellbeing. PHSCE takes place three times a week so for summer 1 half term all of these sessions are dedicated to mental health and wellbeing. This raises the profile of mental health as all pupils are learning about it at the same time year on year.
- In addition to these sessions, the PHSCE curriculum (taught three times a week) preempts many areas which may affect pupils' mental health such as teaching about stereotypes, positive relationships, anti-bullying and identifying healthy and unhealthy friendship and relationship patterns.

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- Picture books are used in PHSCE lessons to support the teaching of mental health. Here are some examples:



- Staff can create bespoke PHSCE sessions where needed to address particular needs of the class such as an additional session of describing or identifying feelings or a whole class session regarding a friendship issue which is affecting several pupils' wellbeing.
- Each year group has a charity to promote and Y6 have 'Young Minds' as theirs which raises the profile of mental health across the school yearly at the start of the academic year.

Who to go to?

All staff in our school have a responsibility to promote and support the mental health of students. If you have any concerns regarding your child's mental health and wellbeing, please raise these concerns with your child's class teacher firstly. They can then support you and seek advice from our wide team of key members of staff who all play key roles in supporting your child. They may refer the concern to any of the following members of staff:

Sophia Stones - Assistant headteacher - KS2 lead and PHSCE/mental health lead
 Emma Gibson - ELSA (Emotional Literacy Support Assistant)
 Jess Milne & Kerry Mothershaw - SEND team
 Steph Massey - Safeguarding

If a member of staff is concerned about the mental health or wellbeing of the student, they will speak to parents and guardians and may seek advice from one of the listed members of staff.

If there is a concern that the student is at a high risk or in danger of immediate harm, the school's child protection procedures should be followed.

If the child presents a high risk medical emergency, relevant procedures should be followed, including involving the emergency services if necessary.

Every classroom has a poster with the safeguarding team (including photos of them) so they know who they can talk to in addition to the adults they know in their class.

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When additional support is needed

If your child is identified as needing additional emotional support, there are some different options at a school level that made be made available:

- A session/sessions with Mrs Gibson (our school ELSA) after a referral.
- Additional support from the class teacher/key stage lead if the issue is around school, friendships and is not a specific mental health concern.
- A referral to play therapy.
- A referral to our in-school counselling team SWaNS.

If there is an additional need, school may encourage a referral to CAMHS or to the child's GP.

If your concern is around self-harm, please see our separate policy regarding this.

Linked policies

 PHSCE Curriculum 2022/23

 The Quinta Self-Harm Policy