



## **Rode Heath Primary School**

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*Inspiring learning; nurturing minds; achieving  
for life*



Rode Heath  
**PRE-SCHOOL**

# *Mental Health and Wellbeing Policy*

*Date Written: February 2022*

*Date Agreed by Governors:*

*Date to be Reviewed: February 2025*

## **Policy Statement**

At Rode Heath Primary School, we are committed to supporting the mental health and wellbeing of our pupils and staff. We have a supportive and caring ethos and our approach is respectful and kind, where each individual and contribution is valued.

At our school 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.

At our school we:

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships.
- promote self-esteem and ensure children know that they count.
- encourage children to be confident
- help children to develop emotional resilience and to manage setbacks.

We promote a mentally healthy environment through:

- promoting our school values
- promoting pupil voice and opportunities to participate in decision-making
- celebrating academic and non-academic achievements
- providing opportunities to develop a sense of worth through taking responsibility for themselves and others
- providing opportunities to reflect
- access to appropriate support that meets their needs
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We pursue our aims through:

- universal, whole school approaches such as Hearts and Minds Strategy
- support for pupils going through recent difficulties including bereavement
- specialised, targeted approaches aimed at pupils with more complex difficulties

## **Our vision...**

At Rode Heath Primary School we will promote, develop, equip and prepare healthy learners for life. We are committed to making it our mission to promote resilience, positive wellbeing and mental health for all our pupils and staff. We understand wellbeing to be a state of being comfortable, healthy and happy. We aim to drive this message forward, and to ensure that mental health and wellbeing is "everyone's business" across the whole school community. We will strive to create an environment that has a whole school approach, in providing effective mental health support, understanding and intervention. Through our whole school approach we will promote positive mental health that aims to help children become more resilient, happy and successful and aim to prevent problems before they arise.

## **Lead Members of Staff**

Whilst all staff have a responsibility to promote the mental health of students, staff with a specific, relevant remit include:

- Miss Hayley Scott – Senior Mental Health Lead
- Mrs Shelley Wootton – Senior Mental Health lead
- Miss Michelle Moss – Designated Safeguarding Lead
- Mr John Frankland – Deputy Designated Safeguarding Lead
- Mrs Liz Yates - Emotional Literacy Support Assistant -ELSA
- Mrs Caroline Pecora – RSE Subject Leader

## **Teaching about Mental Health**

The skills, knowledge and understanding needed by our pupils to keep themselves mentally healthy and safe are included as part of our developmental Hearts and Minds/RSE curriculum. The content of lessons will be further determined by the specific needs of the cohort we're teaching but we will also use Guidance from Cheshire East/NHS to ensure that we teach mental health and emotional wellbeing issues in a safe and sensitive manner.

## **Targeted support**

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

- Circle time approaches or 'Friendship Terrace' activities.
- Managing feelings resources e.g. 'worry boxes' and 'worry eaters'
- Managing emotions resources such as 'the incredible 5 point scale'
- Mental health and wellbeing groups
- ELSA support groups.
- Therapeutic activities including art, lego and relaxation and mindfulness techniques
- Cool Connections/Resilient Classroom Interventions

As a school we will make use of resources to assess and track wellbeing as appropriate including:

- Strengths and Difficulties questionnaire
- The Boxall Profile
- Emotional literacy scales

## **Signposting**

We will ensure that staff, pupils and parents are aware of what support is available within our school and how to access further support.

## **Identifying Needs and Warning Signs**

Possible 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
- repeated physical pain or nausea with no evident cause
- an increase in lateness or absenteeism

### **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 support, if they have concerns about their child.
- make our emotional wellbeing and mental health policy easily accessible to parents
- share ideas about how parents can support positive mental health in their children

### **Working with other agencies and partners**

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

- The school nurses
- Educational psychology team
- Paediatricians
- CAMHS (child and adolescent mental health service)
- Counselling services
- Family support workers
- Therapists

### **Training**

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

The MindEd learning portal provides free online training suitable for staff wishing to know more about a specific issue.

All teachers have completed the Mental Health Awareness Course.

Miss Scott, Miss Moss, Mrs Wootton and Mrs Pecora have completed the two-day Mental Health First Aid Training.

Miss Scott and Mrs Wootton have completed a two-day Senior Mental Health Lead training course.