



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 Reviewed: February 2025

Review date: This policy will be reviewed in light of operating experience and/or changes in legislation or every three years whichever is soonest

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 the Hearts and Minds Strategy
- support for pupils going through recent difficulties including bereavement
- specialised, targeted approaches aimed at pupils with more complex difficulties (ELSA)

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
- Mr John Frankland – Deputy Designated Safeguarding Lead
- Miss Michelle Moss – Designated Safeguarding Lead
- Mrs Liz Yates - Emotional Literacy Support Assistant -ELSA
- Mrs Caroline Pecora – RSE Subject Leader

Safeguarding

The school treats the safeguarding and well-being of pupils with the utmost priority. We recognise that mental health can be indicative of a safeguarding concern. Through the ongoing and regularly updated training of all staff members, we remain vigilant and aware of the signposted warning signs.

Through the regularly updated training all staff members receive, they are able to look closely for any safeguarding indicators and to use the correct methods to record and report these effectively. All safeguarding concerns are monitored, recorded and reported to the Designated Safeguarding Lead (DSL). Class teachers work with appropriate members of the Senior Leadership Team, DSL, parents, carers and relevant authorities to support the child as necessary (see Child Protection and Safeguarding Policy).

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, The Colour Monster'
- Mental health and wellbeing groups (following our nurturing pathway flowchart)
- ELSA support groups.
- Therapeutic activities including art 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.

There is a support for parents section available on our website.

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 (support for parents).
- 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 nurse
- 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 and Mrs Pecora have completed the two day Mental Health First Aid Training.

Miss Scott has completed a two day Senior Mental Health Lead training course.