

The Federation of St Martin's and Seabrook CEP School Mental Health and Emotional Wellbeing Policy

Key Contacts

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and St Martin's

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The Federation of St Martin's & Seabrook CEP Schools

Mental Health & Emotional Wellbeing Policy

This policy was written in consultation with staff, pupils and professionals to promote mental health and emotional wellbeing within our federation.

Aims

The Federation of St Martin's and Seabrook CEP Schools Mental Health and Emotional Wellbeing Policy has been developed to safeguard children and adults. It applies to everyone involved in the emotional wellbeing of our staff and pupils. The school takes seriously its responsibility to safeguard and promote the emotional wellbeing of the children and staff in our care.

In our Federation we know that everyone experiences life challenges that can make us feel vulnerable therefore we may need additional emotional support. The Department for Education (DfE) recognises that: "In order to help children succeed all schools have a role to play in supporting children to be resilient and mentally healthy".

Our aim to support pupils through difficult times such as bereavement, divorce, debilitating illnesses, anxieties, mental health and attachment disorder is pursued through a "Universal whole school approach".

For pupils it is our intention within our federation to:

Promote positive mental health

Promote our school values to encourage a sense of belonging.

Make sure all children are valued.

Help children understand their emotions and feelings.

Promote self-esteem and confidence.

Encourage children to feel comfortable sharing any concerns and worries with trusted adults.

Help children to form and maintain positive social relationships.

Enable children to develop resilience.

To help children learn and achieve.

Develop independence in the children, however we recognise there may be times when help is required.

We aim to do this by making reasonable adjustments in line with the Equalities Act.

Mental Health & Emotional Wellbeing Policy

We have also implemented a 3 tier plan for all staff members to follow across the federation. This also includes how we measure interventions, (Boxall & SDQ's)

3 Tier Provision Map for Children's Wellbeing

TIER 1 (In Class)	TIER 2 (Out of Class)	TIER 3 (Outside Agencies)
Zones of Regulations Daily check-ins Worry box Jigsaw Circle time Positive reinforcement/praise Positive reward system/charts Goal setting Mindfulness Adaption to class layout Emotion cards Buddy system Visual cards/prompts for coping Calming music Personalised work station Home-school diary	Areas for time out Draw & Talk Lego Intervention Circle of Friends Resilience building Social skills Emotional Awareness groups Behaviour intervention Social & Friendship groups ELSA 1:1 support Boxall measuring interventions SDQ's measuring interventions	Play Therapy Counselling Educational Psychologist Early Help CAMHS Young Carers Project Salus MIND Young Minds Headstart School Nursing Service GP Time to Change Rethink Good Mental Health Matters Kooth Kent Resillience Hub Anxiety UK Mental Health Practitioner Mood Spark IAPT PAPYRUS Project Salus ChurchStreet Project Samaritans Now & Beyond (Directory) Hope Again (Bereavement) Place to Be (4-14yrs) Mermaids Switchboard (LGBT helpline) Shout (young person text service) Beat

Mental Health & Emotional Wellbeing Policy

For staff it is our intention within the Federation to:

Develop a motivated workforce enabling all staff to deliver a high standard of learning for all pupils.

Ensure all staff members are aware of the channels which can be used to manage and deal with stress or wellbeing issues.

Wellbeing Champion to touch base with teaching staff and TA's every morning.

Yearly performance management with 6 monthly review.

Continuing professional development for all staff.

Communicate the importance of a work-life balance.

The Federation will offer support for individual pupils or groups through:

In house

Mental Health & Wellbeing Co-ordinator

Jigsaw

ELSA

Circle time

Circle of Friends

Worry boxes and "worry eaters"

Lego Intervention

Relaxation and mindfulness (Jigsaw)

Talk and Draw

1:1 Intervention

Fantastic Fred

Outside Agencies

Young Carers

Counselling

CAMHS

Educational Psychologist

School Nursing Service

Early Help

Project Salus

HeadStart (NSPCC)

Church Street Project

STLS

As a whole school we also engage in World Mental Health Week.

The Federation of St Martin's & Seabrook CEP Schools

Mental Health & Emotional Wellbeing Policy

Signposting:

The federation will ensure that staff, pupils and their parent/carers are aware of the in house support we offer and how to access further support through signposting.

Warning signs:

All staff will be aware of the warning signs pupils could display to show they are experiencing difficulties. These signs should be treated seriously and monitored closely. Concerns should be reported to DSL's and Wellbeing Champions.

The school can then track the wellbeing of pupils through regular meetings with SLT FLO/Wellbeing Champion, Strengths and Difficulties questionnaire, Boxhall Profile and Emotional literacy scales.

Some examples of common signs could be:

Attendance

Punctuality

Relationships/friendships

Becoming socially withdrawn

Negative behaviours

Family circumstances

Bereavement

Changes in eating/sleeping habits

Talking about negative thoughts (failure etc)

Changes in mood

Repeated physical pain or nausea with no evident cause.

Not wanting to do PE or getting changed for PE

Unclean/untidy

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Where to get general information and support:

Mind - www.mind.org.uk

Help, advice and support about mental health.

Young Minds - www.youngminds.org.uk

Champions young people's mental health and wellbeing.

Time to Change - www.time-to-change.org.uk

Tackles the stigma of mental health.

Rethink - www.rethink.org

Challenges attitudes towards mental health.

Support for Young Carers - www.actionforchildren

Practical and emotional support for young carers.

The Good Grief Trust - www.thegoodgrieftrust.org

Helps Both Children and adults through grief.

Good Mental Health Matters - info@goodmentalhealthmatters.com

Kooth - www.kooth.com

Mood Spark - www.moodspark.org.uk

Kent Resilience Hub - www.kentresiliencehub.org.uk

Chat Health - 07520618850

Mental Health Support - 08001070160

Anxiety UK - www.anxietyuk.org.uk

Depression Alliance - www.depressionalliance.org

HeadStart - kentresiliencehub.org.uk

The World Health Organisation's definition of Wellbeing and Mental Health

"A state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community".