



Holte School

Self-Harm Policy

Lead member of staff:	A.Oliver – Deputy Headteacher (Inclusion)
Legislation Status: (Statutory/Non-Statutory)	Statutory
Local Authority Model Policy or School Written Policy:	School Written Policy
Required on school website:	Yes
Revision Date:	May 2023
Date Ratified By Full Governing Body:	June 2023
Signed By Chair Of Governors: Ms C Hardy	C Hardy

1. Statement of Intent

This policy sets out clear guidelines on the school's procedures for dealing with those who self-harm whilst the student is in school and is for students, their parents / carers and staff. It is consistent with the school's overall values and aims.

2. A definition of Self-Harm

Self-harm is a term used when someone injures or harms himself or herself on purpose (also called self-injury or deliberate self-harm) rather than by accident. Common examples include cutting, hitting, scratching or burning. Attempted suicide is the most serious form of self-harm.

3. Policy Objectives

This policy is intended for students, parents /carers and staff.

The school will help pupils who self-harm by developing a common understanding through delivering a consistent and supportive message about who to approach with concerns and how the school can help individuals overcome self-harm issues. There will be long-term strategies to enhance self-esteem and develop emotional literacy. Students will be made aware of the policy and who the named staff and student members are they can approach if they wish to report a concern.

4. How will the school respond when a concern is raised ?

If a student wishes to disclose that they self-harm the staff member(s) to approach are Mr Oliver (DSL), Miss Peterkin or Mr Farmer (Deputy DSL's).

These members will record all incidents on CPOMS and discuss with the student the chain of command.

A similar route will be taken if a friend discloses self-harm.

There will be a time scale for the designated staff member to take the various steps below:

The recommended Chain of Action is as follows:

- student is spoken to re concerns (by nominated teacher)
- parents /carers are informed (and also referred to the school nurse/counsellor)
- parents /carers are invited to school for a meeting with senior staff or school nurse
- parents /carers are recommended to seek consultation with family GP and to inform the school of the outcome within a nominated period of time
- school is given permission by parents to have feedback from the GP
- if no follow up occurs with the GP and the school remains concerned, the school may arrange an appointment with the school doctor/other specialists that may be associated with the school. In situations of extreme concern the school is also able to refer directly to Forward Thinking Birmingham.
- follow up meetings are arranged between the parents/carers and senior staff so that progress can be assessed and any targets reviewed
- nominated staff member from a named core team will act as a link with the student. Timetable changes, such as suspension from lessons that require extent of self-harm to be revealed to the others (for example PE) will possibly occur
- any student who self-harms at school may be suspended on medical grounds until they are able to contain this behaviour at school
- disciplinary steps will be taken by school if a student is found with implements that are used to cause self-harm (razors, knives, blades, etc) at school which may include exclusion
- based on medical feedback, the suitability of the student's continuing attendance at school will be assessed
- contagion will be managed by staff keeping an eye on the peer group and other potentially vulnerable young people in the year, by continued education on the fact that self-harm is an expression of distress rather than a risk behaviour that should be 'tried out'

- steps may be taken to ensure that parents of the year group are informed (without naming) and that they monitor their children
 - in the case of self-harm with suicidal intent, immediate steps will be taken to inform the DSL, the parents and the G.P and the student's attendance to school only permitted after medical feed-back and continued support is established.
- A record will be made of all incidents, discussion points and dates and the decided course of action.

5. Preventing the spread of self-harm in the school

To prevent the spread -

- Wounds, injuries and scars should not be openly displayed.
- Provision of long sleeved PE kits may be necessary for those who self-harm.

See above for other ways in which the potential spread of self-harm would be managed.

6. School Policy on Confidentiality

Our school policy will be to inform parents/carers if we feel the pupil is at risk to themselves or to others. We will inform the pupil that the information will be passed on and also about the content of the information. The school may, in the first instance, encourage the pupil to tell their parents/carers or with the support of a member of the DSL team. The school may also need to pass on the information to some of the staff. The pupil and their parents/carers will be informed and the reasons why such staff need to know.

If concerns about a pupil have been raised by a friend/s, it should be decided with the pupil what feedback is given to the friends about the action the school will be taking on their behalf. The school will also make sure that any friends presenting needs will be supported. In the case of friends presenting with concerns their parents may need informing and again the need to know policy in terms of confidentiality will be used.

The school will consider managing the return of a pupil to school after a period of in-patient treatment or period of time off school in a way that is as supportive to the individual student as possible but also supportive of the rest of the pupils.

7. Staff Support

The DSL's will have a duty to keep up to date with information regarding self-harm and forms of support available. The DSL will ensure information about self-harm is disseminated to staff regularly.

Staff who have been involved with a pupil who self-harms may need support and will be offered this opportunity through a number agreed ways with the school. These may include discussion with another experienced staff member or through our counselling service with the WellBeing Crew.

8. Roles of Responsibility

The Headteacher has a responsibility to appoint a designated member of staff for dealing with incidents of self-harm (this is the DSL or in his absence the Deputy DSL's). The Headteacher and governing body should ensure the policy is in place, communicated to staff and implemented. Staff at all levels should be offered training and updated on the issue of self-harm and the implementation of this policy.

9. Implementing and reviewing the Policy

Parents, students and staff should all be aware there is a policy and of its content. It will be available on the school website. Parents and carers should work in partnership with school to support students who self-harm. Students need to be aware that they can be confident any disclosure of sensitive information will be supported and dealt with efficiently and sensitively.

The policy should be reviewed on an annual basis.

