

St. Andrew's Primary School & Nursery Class



Mental Health and Wellbeing Policy

June 2019



**Stigma Free
Lanarkshire**

Why Mental Health and wellbeing is important

At St. Andrew's Primary School, we aim to promote positive mental health and wellbeing for our whole school community (children, staff, parents and carers), and recognise how important health and emotional wellbeing is to our lives in just the same way as physical health. We recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement. All children go through ups and downs during their school career and some face significant life events. In 2019, about 1 in 10 children aged 5 to 16 had a diagnosable mental health need and these can have an enormous impact on quality of life, relationships and academic achievement.

Our Education Department recognizes that: *"in order to help their children succeed; schools have a role to play in supporting them to be resilient and mentally healthy."*

Schools can be a place for children and young people to experience a nurturing and supportive environment that has the potential to develop self-esteem and give positive experiences for overcoming adversity and building resilience. For some, school will be a place of respite from difficult home lives and to offer positive role models and relationships.

Our role in St Andrew's is to ensure that children are able to manage times of change and stress, and that they are supported to reach their potential or to access help when they need it. It is our responsibility also to ensure that children learn about what they can do to maintain positive mental health, what affects their mental health, how they can help reduce the stigma surrounding mental health issues, and where they can go if they need help and support.

In St Andrew's we are a school where;

- * All children are valued.
- * Children have a sense of belonging and feel safe.
- * Children feel able to talk openly with trusted adults about their problems without feeling any stigma.
- * Positive mental health is promoted and valued.
- * Bullying is not tolerated.



A whole school approach to promoting positive mental health



We take a whole school approach and our priorities are to promote positive mental health that aims to help children become more resilient, happy and successful and to prevent problems before they arise.

This entails:

1. Creating an ethos, policies and behaviours that support mental health and resilience, and which everyone understands.
2. Helping children to develop social relationships, support each other and seek help when they need it.
3. Teaching children social and emotional skills and an awareness of mental health.
4. Early identification of children who have mental health needs and planning support to meet their needs, including working with specialist services.
5. Effectively working with parents and carers.
6. Supporting and training staff to develop their skills in this area.

Staff roles and responsibilities, including those with specific responsibility

Our staff have a duty to promote positive mental health, and to understand about protective and risk factors for mental health. Some children will require additional help; we have staff trained to look out for early warning signs of mental health problems and ensure that these children get early intervention and the support they need.

We understand in St. Andrew's about possible risk factors that might make some children more likely to experience problems, such as: physical long-term illness, having a parent who has a mental health problem, death and loss, including loss of friendships, family breakdown and bullying.

Staff Support

- The Head Teacher oversees all support within the school and also liaises with families and outside agencies.
- The Education Psychologist
- 2 Principal Teachers
- A Nurture Teacher
- All class Teachers and Support Staff (some of whom are employed to manage mental health needs of particular children)
- CLD liaison officer
- CAMHS Early Intervention Support
- Speech and Language

Supporting Children’s Positive Mental Health

Pupil Led Activities

- *Peer Mediation and Peer Mentoring
- *A buddy system in place
- *Friendly Fixers

Class Activities

- Mindset Mondays
- Philosophy Fridays
- Worry Boxes
- Circle Time
- Relaxation Therapy sessions



Whole School Activities

- Mental Health Awareness Week
- Assemblies
- Relaxation sessions with CAMHS
- OOSHL-Every child is invited to attend an after school club
- Nurture Groups
- PASS survey carried out twice a year
- Wall displays

Risk Factors	Protective Factors
<ul style="list-style-type: none"> • Bullying • Discrimination • Breakdown or lack of positive friendships • Negative peer influences or peer pressure • Poor pupil-teacher relationship 	<ul style="list-style-type: none"> • Clear vision and Values • ACE CP &SG file good communication of risks • Clear policy on bullying • Open door policy for children to raise problems • A whole school approach to promoting good mental health • Positive peer influences • Positive classroom management • A sense of belonging

We recognise that many behaviours and emotional problems can be supported within the School Environment, or with advice from external professionals. Some children will need more intensive support at times, and there are a range of mental health professionals and organisations that provide support to children with mental health needs and their families.

We are an inclusive school and strive to ensure we tailor support to individuals to support positive mental health for both children and adults alike.