



Mental Health and Wellbeing Policy

Policy Statement

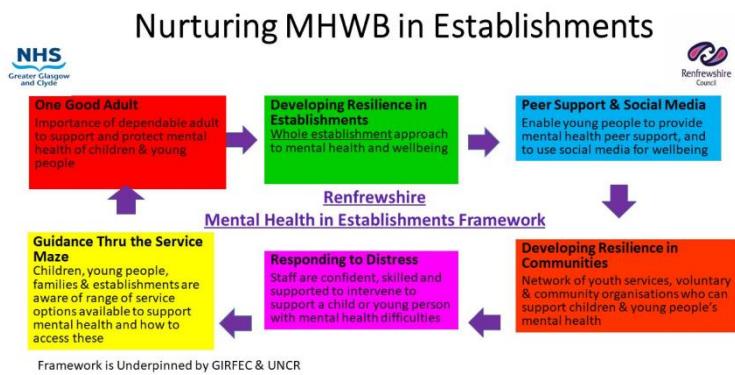
At Saint Peter's Primary School, we aim to promote positive mental health and wellbeing for every member of our staff and children/young people through nurturing relationships and the promotion of a positive establishment ethos. We will pursue this aim using both universal, whole establishment approaches and specialised targeted approaches aimed at vulnerable children/young people.

In addition to promoting positive mental health and wellbeing, we aim to recognise and respond to mental ill health. By developing and implementing a practical, relevant, and effective mental health and wellbeing framework, our policies and procedures will promote a safe and stable environment for the many children and young people affected both directly, and indirectly by mental ill health.

This policy is linked to the United Nations Convention on the Rights of the Child (UNCRC) articles 3, 12, 13, 17, 24 and 29.

This document describes Saint Peter's Primary School's approach to promoting positive mental health and wellbeing. This policy is intended to provide a framework for effective mental health and wellbeing in our establishment through the NHSGGC Mental Health Improvement & Early Intervention Framework for Children and Young People (NHS 6 Box Framework) and should be used as whole establishment guidance for all staff. The 6 box Framework is an evidence-based- approach which sits under GIRFEC and the UNCRC (UN Convention of the Rights of the Child).

This policy will provide you with information around our universal and targeted approaches to mental health and wellbeing and also direct staff to relevant training opportunities available online and through Renfrewshire Council and other partners in order for practitioners to meet our baseline skills requirement.



The Policy and 6 Box Framework will:

- Provide a toolkit for all staff supporting children and young people to identify good practice and areas for development.
- Promote positive mental health and wellbeing in all children, young people and staff through prevention and early intervention.
- Increase understanding and awareness of common mental health issues.
- Alert staff to early warning signs of mental distress and ill health.
- Provide support to staff working with children/young people with mental health issues through a model of training to enhance professional knowledge.
- Provide support to children/young people experiencing mental ill health, their peers and parents/carers through effective universal supports, effective liaison with partners and appropriate signposting to supports within establishments and the community.

Lead Members of Staff

Whilst all staff have a responsibility to promote the mental health of children and young people, staff with a specific, relevant remit include:

Child Protection Officer – Mrs Sharon Mazzoni (Head Teacher)

CLPL Lead – Mrs Sharon Mazzoni (Head Teacher)

Pupil Support Coordinator – Mrs Catherine McLean (Depute Head Teacher)

Responsibility for Health & Wellbeing – Mrs Caitlin Maclean (Principal Teacher)

Mental Health Lead – Mrs Caitlin Maclean (Principal Teacher)

First Aider Lead – Rhona Kenneth (ASNA), Faye Wilson (Senior Early Years Officer), Emma Young (Class Teacher).



Universal Support

We aim to look after the mental health and wellbeing of all our children/young people by:

- Promoting nurturing relationships and health and wellbeing as the responsibility of all within our own establishment and the wider community through Renfrewshire's Nurturing Relationships Approach (RNRA) (one good adult and developing resilience in the community).
- Ensuring that children/young people learn how to look after their mental health and wellbeing (developing resilience in our establishment/community).
- Ensuring that children/young people know and can recognise mental health conditions (developing resilience in our establishment/community).
- Ensuring that children/young people understand and know where to go if they require more targeted support (one good adult/peer support and social media/responding to distress/guiding through the service maze).
- Using the wellbeing indicators to track wellbeing and as a basis for discussion with a key adult using the Glasgow Motivation and Wellbeing Profiling Tool (one good adult/developing resilience in the community).



All Renfrewshire establishment staff working with children/young people will access the annual update on Understanding the Mental Health of Children and Young People in Renfrewshire and Child Protection to enable them to keep pupils in their care safe.

Our counselling service, The-Exchange, is a universal service and is available to all pupils from P1 to P7. This will complement the range of whole-establishment and targeted approaches already available to help support the mental, emotional, social and physical wellbeing of children and young people. Access to this resource is by self-referral on The Exchange website, or through Pupil Support.

Universal Support

Our aim is to enable children/young people to develop the skills, knowledge, understanding, language and confidence to seek help, as needed, for themselves or others. We offer universal supports in a variety of ways; as part of our emotional literacy and health and wellbeing inputs, circle time, nurturing activities, opportunities for pupil leadership and extra-curricular offer.

In Saint Peter's Primary School and Early Learning Class we have implemented the **PATHS® (Positive Alternative Thinking Strategies)** programme into our curriculum. *The PATHS® Programme for Schools* is designed to facilitate the development of self-control, emotional awareness and interpersonal problem-solving skills. We believe this programme offers us a systematic developmental procedure for enhancing social competence and understanding in children.

PATHS® Pupil of The Day

PATHS® Pupil of the Day is a daily task across our whole school and ELCC class. Children are chosen at random each day. Children in the class and the teacher think of four/five compliments for the pupil of the day. Compliments should be recorded on a Compliments sheet. The pupil can take their list of compliments home to share with their parents/carers. This is a regular activity which **builds self-esteem** by receiving compliments from classmates, teachers and friends. Children really enjoy this activity and develop the important skill of being able to compliment themselves.

Targeted Support

When it is identified that a child/young person requires a more targeted support tailored to their individual needs, our Depute Head Teacher will work in partnership with the child/young person, their parents/carers, staff within the establishment and any other relevant partners. It may be that information regarding their support needs are shared with the class teacher/key worker if the needs of the child/young person are impacting on their learning.

One Good Adult

We believe that all children should have access to any adult of their choice in Saint Peter's Primary School. Staff are fully committed to help and speak to children when they are concerned or worried and would like some support. Primaries 1 – 4 use verbal check ins daily. Primaries 5 – 7 have access to an online recording system called 'You Hue' (<https://www.youhue.com/>). Here they can record how they are feeling and send a private message to their class teacher. Any concerns regarding the wellbeing of children are passed onto the Senior Leadership Team immediately. Class teachers can then have a conversation with the child about how they are feeling.

If staff have any concerns regarding the wellbeing of a child/young person in their class/group that they feel requires more specialised or targeted support, they should speak to our depute head teacher. If parents/carers or children have concerns about any child/young person they should contact a member of the school's leadership team.

If the wellbeing concern you have is in relation to self-harm and suicide, you can find out more information in the link below. This link will take you to Renfrewshire Council's Supporting Children and Young People at Risk of Self-Harm and Suicide.

<https://sway.office.com/QMbVGBjEcASKVcs5?ref=Link>

Signposting

We will ensure that children/young people, staff and parent/carers are aware of sources of support within our establishment and in the local community. We will explain who it is aimed at and how to access it. This will be done by sharing digital resources on our website, school app and Twitter page.

Our digital resources include signposting for children/young people, parents/carers and staff.

We will display relevant sources of support in communal areas such as the foyer area, office and staff room, and will regularly highlight sources of support to children and young people within relevant parts of the curriculum.

Working in Partnership with Parents/Carers

Parents/Carers are often very welcoming of support and information from the establishment about supporting their child/young person's emotional and mental health. To support parents/carers, we will:

- Highlight sources of information and support about common mental health issues on our establishment website and other social media platforms.
- Ensure that all parents are aware of who to talk to if they have concerns about their child or a friend of their child/young person.
- Make our 'Mental Health Policy' easily accessible to parents/carers.
- Share ideas about how parents/carers can support positive mental health in their children through our regular information events and parents' evenings.
- Keep parents/carers informed about the mental health topics their child/young person is learning about in class/group and share ideas for extending and exploring this learning at home.

Staff Skills and Professional Learning

Renfrewshire's Nurturing Relationships Approach delivers a universal approach to supporting mental health and wellbeing and promoting resilience. As health and wellbeing is the responsibility of all staff, we must ensure that we all have an awareness of the warning signs to look for and also how to manage disclosures safely.

Renfrewshire Council have provided suggestions for baseline and skilled training for all staff with specific training for staff interested or involved in the decision making around targeted supports..

Suggestions for individual, group or whole school Career Long Professional Learning (CLPL) should be discussed with Sharon Mazzoni, our Head Teacher, who can also highlight sources of relevant training and support for individuals as needed.

Policy Review

This policy will be reviewed every 3 years as a minimum. It is next due for review in 2028.

Additionally, this policy will be reviewed and updated as appropriate on an ad hoc basis. If you have a question or suggestion about improving this policy, please contact Caitlin Maclean, Principal Teacher.

This policy will always be immediately updated to reflect personnel changes.