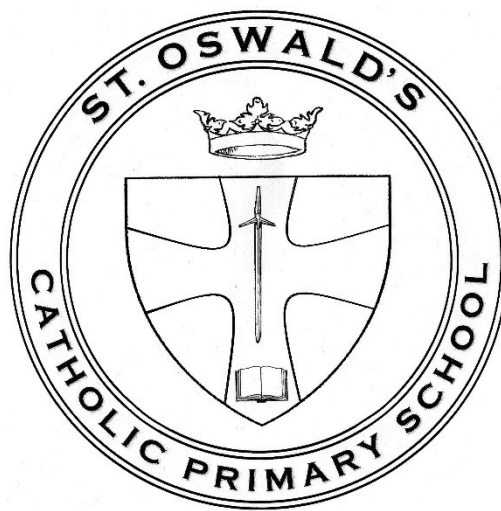


# St Oswald's Catholic Primary School



## Whole School Approach to Mental Health and Emotional Wellbeing 2022-2024

<b>Agreed by:</b>	<b>Approval date</b>	<b>Review Date</b>
Standards Committee	10 <sup>th</sup> February 2022	Spring 2024

# Whole School Approach Mental Health and Emotional Wellbeing Policy

## Contents

- 1.0 Policy Statement
- 2.0 Scope
- 3.0 Policy Aims
- 4.0 Key Staff Members
- 5.0 Levels of need
  - 5.1 Individual Care Plans
- 6.0 Mental Health Promotion
- 7.0 Signposting
- 8.0 Our School Mental Health Pathway
- 9.0 Recognising signs and symptoms of mental distress
- 10.0 Targeted support
- 11.0 Managing disclosures
- 12.0 Confidentiality
- 13.0 Parents/Carers
  - 13.1 Working with Parents/Carers
  - 13.2 Supporting Parents/Carers
- 14.0 Support Peers
- 15.0 Training
- 16.0 Policy Review



This is the policy for mental health and wellbeing and is written in context of the aims and mission statement



*Together with Jesus,  
We will Learn and Grow in Faith.*

## 1.0 Policy statement

At St Oswald's Catholic Primary School, we are committed to promoting positive mental health and emotional wellbeing to all children, their families and members of staff and governors. Our open culture allows children's voices to be heard, and through the use of effective policies and procedures we ensure a safe and supportive environment for all affected - both directly and indirectly - by mental health issues.

## 2.0 Scope

This policy is a guide to all staff – including non-teaching and governors – outlining St Oswald's whole school approach to promoting mental health and emotional wellbeing. It should be read in conjunction with other relevant school policies.

## 3.0 Policy Aims

- Promote positive mental health and emotional wellbeing in all staff and children.
- Increase understanding and awareness of common mental health issues.
- Enable staff to identify and respond to early warning signs of mental ill health in children.
- Enable staff to understand how and when to access support when working with young people with mental health issues.
- Provide the right support to children with mental health issues, and know where to signpost them and their parents/carers for specific support.
- Develop resilience amongst children and raise awareness of resilience building techniques.
- Raise awareness amongst staff and gain recognition from SLT that staff may have mental health issues, and that they are supported in relation to looking after their wellbeing; instilling a culture of staff and child welfare where everyone is aware of signs

and symptoms with effective signposting underpinned by behaviour and welfare around school.

## 4.0 Key staff members

This policy aims to ensure all staff take responsibility to promote the mental health of children, however key members of staff have specific roles to play:

- Whole School Approach Senior Mental Health Lead (Strategic) Mrs Walsh
- Designated Mental Health Lead/Team (Operational) Ms S Mahon & Mrs J Finch
- School Commissioned Mental Health Staff
  - Designated Safeguarding Lead Mrs M Walsh
  - SENCO Miss J Jones & Miss H Kirwan
  - ROAR/MHFA trained staff
  - PSHE Coordinator Mrs Parkinson
- *External Education Mental Health Team (MHST, Seedlings, Wellbeing Clinic, Fresh CAMHS Senior Practitioner)*

If a member of staff is concerned about the mental health or wellbeing of a child, in the first instance they should speak to the SENCO. Please refer to the school's mental health pathway described below.

If there is a concern that the child is high risk or in danger of immediate harm, the school's child protection procedures should be followed.

If the child presents a high-risk medical emergency, relevant procedures should be followed, including involving the emergency services if necessary.

## 5.0 Levels of Support



Levels of support are used to help education providers and services to determine the type of support that might be needed for children/young people. There are 4 levels:

**Green = Thriving.** This level is for all children and young people and represents the basic level of mental health awareness and support strategies that all children and young people need for positive emotional wellbeing.

**Yellow = Beginning to struggle.** At this level of need children/young people will be showing early signs of distress that may be the start of an emerging mental health issue. Short-term interventions that build coping strategies are given to prevent these issues from developing – small changes to prevent bigger challenges.

**Orange = Struggling.** At this level children and young people will need more specific support as their mental health problems will be more developed and significantly impacting their day-to-day life. There may also be other complexities such as trauma or neurodevelopmental conditions. Interventions are chosen to suit the needs of each child/young person and will vary in modality, and intensity.

**Red = In Crisis.** At this level children and young people will need high-level support for mental health conditions that require support from Alder Hey Fresh CAMHS. Children may be at crisis point, require medication, or several different types of specialist support.

Further guidance can be found in the WSA Levels of support Framework.

**Green = Prevention and early identification.** This level is for all children and young people and represents the basic level of mental health awareness and support strategies that all children and young people need for positive emotional wellbeing.

**Yellow = Early Intervention.** At this level of need children/young people will be showing early signs of distress that may be the start of an emerging mental health issue. Short-term interventions that build coping strategies are given to prevent these issues from developing – small changes to prevent bigger challenges.

**Orange = Intervention.** At this level children and young people will need more specific support as their mental health problem will be more developed and significantly impacting their day-to-day life. There may also be other complexities such as trauma or neurodevelopmental conditions. Interventions are chosen to suit the needs of each child/young person and will vary in modality, and intensity.

**Red = High Level Intervention.** At this level children and young people will need high-level support for mental health conditions that require support from Alder Hey Fresh CAMHS. Children may be at crisis point, require medication, or several different types of specialist support.

## 5.1 Individual Care Plans

When a pupil has received a diagnosis of a mental health issue, or is receiving support either through CAMHS or another organisation (orange/red level), it is recommended that an Individual Care Plan should be drawn up. The development of the plan should involve the pupil, parents, and relevant professionals.

Suggested elements of this plan include:

- Details of the pupil's situation/condition/diagnosis
- Special requirements or strategies, and necessary precautions
- Medication and any side effects
- Who to contact in an emergency
- For pupils who self-harm or have had suicidal ideation it is helpful to draw up a safety plan with them. An example of this can be found withing the Serious suicide awareness training.
- The role of the school and specific staff

## 6.0 Mental Health Promotion

Mental Health is everyone's business in our school, and we promote an environment that fosters inclusion, diversity and respect.

The skills, knowledge and understanding our children need to keep themselves - and others - physically and mentally healthy and safe are included as part of our PSHEe curriculum.

We will follow the guidance issued by the PSHE Association to prepare us to teach about mental health and emotional health safely and sensitively.

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-preparing-teach-about-mental-health-and-emotional-wellbeing> Incorporating this into our curriculum at all stages is a good opportunity to promote children' wellbeing through the development of healthy coping strategies and an understanding of children' own emotions as well as those of other people. St Oswald's School follows the

TEN TEN scheme Life to the Full, a relationship and health education for Catholic primary schools

Additionally, we will use such lessons as a vehicle for providing children who do develop difficulties with strategies to keep themselves healthy and safe, as well as encouraging children to support any of their friends who are facing challenges. See Section 14 for Supporting Peers

## 7.0 Signposting

We will ensure that staff, children and parents/carers are aware of the support and services available to them, and how they can access these services.

Within the school (noticeboards, shared areas etc.) and through our communication channels (newsletters, Weduc & websites), we will share and display relevant information about local and national support services and events.

The aim of this is to ensure children understand:

- What help is available
- Who it is aimed at
- How to access it
- Why should they access it
- What is likely to happen

## 8.0 Our School Mental Health Pathway

The school's mental health pathway maps the support available to children across all levels of need.

**School Based Support** – A full list the full range of support available to children through our in-school provision and through our local consortia, is available on our special educational needs local offer. For SEMH support, a list of interventions and support programmes, who is trained in delivery and who can access the support is detailed. School uses the format of the Graduated Approach Handbook. See annex

### Local Support

We also ensure that our mental health lead is aware of the schools' CAMHS offer.

<https://www.liverpoolcamhs.com/education-staff/support-for-liverpool-schools/>

In Liverpool, there are a range of organisations and groups offering support, including the **Education Mental Health Teams**.

These teams deliver accessible support to children, young people and their families, whilst working with professionals to reduce the range of mental health issues through prevention, intervention, training and participation.

Our school EMHT liaison is Lauren Richmond

Lauren.Richmond@alderhey.nhs.uk

## 9.0 Recognising signs and symptoms of mental distress

Staff may become aware of warning signs which indicate a student is experiencing mental health or emotional wellbeing issues. These warning signs should always be taken seriously and staff observing any of these warning signs should alert Ms s Mahon or Mrs Finch and the safeguarding team using CPOMS.

Possible warning signs, which all staff should be aware of include:

- Physical signs of harm that are repeated or appear non-accidental
- Changes in eating / sleeping habits
- Increased isolation from friends or family, becoming socially withdrawn
- Changes in activity and mood
- Lowering of academic achievement
- Talking or joking about self-harm or suicide
- Abusing drugs or alcohol
- Expressing feelings of failure, uselessness or loss of hope
- Changes in clothing – e.g. long sleeves in warm weather
- Secretive behaviour
- Skipping PE or getting changed secretly
- Lateness to, or absence from school
- Repeated physical pain or nausea with no evident cause
- An increase in lateness or absenteeism

## 10.0 Targeted support

We recognise some children and young people are at greater risk of experiencing poorer mental health, for example: those who are in care; young carers; those who have had



previous access to CAMHS; those living with parents/carers with a mental illness and those living in households experiencing domestic violence.

We work closely with school nurses and their teams in supporting the emotional and mental health needs of school-aged children and our EMHT are equipped to work at community, family and individual levels. Their skills cover identifying issues early, determining potential risks and providing early intervention to prevent issues escalating.

We ensure timely and effective identification of children who would benefit from targeted support and ensure appropriate referral to support services by:

- Providing specific help for those children most at risk (or already showing signs) of social, emotional, and behavioural problems;
- Working closely with Liverpool City Council Children's Services, Liverpool CAMHS and other agencies services to follow various protocols including assessment and referral;
- Identifying and assessing, in line with the Early Help Assessment Tool (EHAT), children who are showing early signs of anxiety, emotional distress, or behavioural problems;
- Discussing options for tackling these problems with the child and his/her parents/carers. Agree an Individual Care Plan as the first stage of a 'stepped care' approach;
- Providing a range of interventions that have been proven to be effective, according to the child's needs;
- Ensuring young people have access to pastoral care and support, as well as specialist services, including Liverpool CAMHS, so that emotional, social and behavioural problems can be dealt with as soon as they occur;
- Providing young people with clear and consistent information about the opportunities available for them to discuss personal issues and emotional concerns. Any support offered should take account of local community and education policies and protocols regarding confidentiality;
- Providing young people with opportunities to build relationships, particularly those who may find it difficult to seek support when they need it; and

- Ensuring the identification, assessment, and support of young carers under the statutory duties outlined in the Children & Families Act 2014 are met.
- Ensuring that our school is ACES aware and embraces trauma-informed practice.

## 11.0 Managing disclosures

If a student chooses to disclose mental health concerns about themselves, or a friend, to any member of staff, the response will be calm, supportive and non-judgemental.

All disclosures should be recorded confidentially on the student's personal file, including:

- |   |  |
|---|--|
| ▪ Date  | ▪ Nature of the disclosure & main points from the conversation |
| ▪ Name of member of staff to whom the disclosure was made | ▪ Agreed next steps  |

This information will be shared with the school safeguarding team.

## 12.0 Confidentiality

If a member of staff feels it is necessary to pass on concerns about a student to either someone within or outside of the school, then this will be first discussed with the child's parents. We will tell them:

- |                                  |                                 |
|----------------------------------|---------------------------------|
| ▪ Who we are going to tell       | ▪ When we're going to tell them |
| ▪ What we are going to tell them |                                 |
| ▪ Why we need to tell them       |                                 |

Ideally, consent should be gained from their parent/carer first, however, there may be instances when information must be shared, such as children who are in danger of harm. In this instance the schools safeguarding policy will be followed.

It is important to also safeguard staff emotional wellbeing. By sharing disclosures with a colleague this ensures one single member of staff isn't solely responsible for the student. This also ensures continuity of care should staff absence occur and provides opportunities for ideas and support. In St Oswald's Staff Supervision is regular and supportive.

Parents must always be informed, but older children may choose to tell their parents themselves. If this is the case, a timescale of 24 hours is recommended to share this information before the school contacts the parents/carers.

If a pupil gives us reason to believe that they are at risk, or there are child protection issues, child protection procedures should be followed.

## 13.0 Parents/carers

### 13.1 Working with parents/carers

We recognise that pupil's wellbeing is impacted by the systems that they exist in – the primary one being the family. The school will support staff and outside agencies to work with parents/carers so that they can support their child.

We will do this with the following in mind:

- Some parents/carers may prefer a virtual meeting rather than face to face
- Who should be present – children, staff, parents etc.?
- What are the aims of the meeting and expected outcomes?

We are mindful that for a parent, hearing about their child's issues can be upsetting and distressing. They may therefore respond in various ways which we should be prepared for and allow time for the parent to reflect and come to terms with the situation.

Signposting parents to other sources of information and support can be helpful in these instances. At the end of the meeting, lines of communication should be kept open should the parents have further questions or concerns. Booking a follow-up meeting or phone call might be beneficial at this stage.

A record of the meeting and points discussed/agree are recorded on CPOMS and an Individual Care Plan created if appropriate.

## 13.2 Supporting parents

We recognise the family plays a key role in influencing children and young people's emotional health and wellbeing; we will work in partnership with parents and carers to promote emotional health and wellbeing by:

- Ensuring all parents are aware of and have access to materials promoting social and emotional wellbeing and preventing mental health problems;
- Highlighting sources of information and support about common mental health issues through our communication channels (website, Weduc newsletters etc.);
- Offering support to help parents or carers develop their parenting skills. This may involve providing information or offering small, group-based programmes run by children's centres, community nurses (such as school nurses and health visitors) or other appropriately trained health or education practitioners; and
- Ensuring parents, carers and other family members living in disadvantaged circumstances are given the support they need to participate fully in activities to promote social and emotional wellbeing. This will include support to participate in any parenting sessions, by offering a range of times for the sessions or providing help with transport and childcare. We recognise this might involve liaison with family support agencies.

## 14.0 Supporting Peers

When a child is suffering from mental health issues, it can be a difficult time for his/her friends who may want to support but do not know how. To keep peers safe, we will consider on a case by case basis which friends may need additional support. Support will be provided in one to one or group settings and will be guided by conversations by the student who is suffering and their parents with whom we will discuss:

- What it is helpful for friends to know and what they should not be told
- How friends can best support
- Things friends should avoid doing / saying which may inadvertently cause upset
- Warning signs that their friend needs help (e.g. signs of relapse)

Additionally, we will want to highlight with peers:

- Where and how to access support for themselves

- Safe sources of further information about their friend's condition
- Healthy ways of coping with the difficult emotions they may be feeling

## 15.0 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 to enable them to keep children safe. A nominated member of staff will receive ROAR training, Mental Health First Aid training or equivalent.

Our designated WSA strategic lead and mental health operational lead/team will attend the WSA termly network meetings.

We will host relevant information on our website for staff who wish to learn more about mental health. Regular training can be accessed through <https://www.liverpoolcamhs.com/training/>. The MindEd learning portal also provides free online training suitable for staff wishing to know more about a specific issue.

Training opportunities for staff who require more in-depth knowledge will be considered as part of our performance management process and additional CPD will be supported throughout the year where it becomes appropriate due to developing situations with one or more children.

Where the need to do so becomes evident, we will host twilight training sessions for all staff to promote learning or understanding about specific issues related to mental health.

Suggestions for individual, group or whole school CPD should be discussed Miss D Hay DH, who can also highlight sources of relevant training and support for individuals as needed.

## 16.0 Policy Review

This policy will be reviewed every two years as a minimum. The next review date is Spring 2024

In between updates, the policy will be updated when necessary to reflect local and national changes.

# Annex

## Whole School in house Provision Map for SEMH support

SEMH						
Think Yourself Great	R	SEMH	At risk of under achievement	2	Mrs Gilroy 1:6	30m, 1x week
DESTY	1	SEMH	SEND support	2	Mrs Riding 1:1	45m, x1 week
DESTY x2	2	SEMH	SEND support	2	Miss McKenna and Mrs Riding 1:1	45m, x1 week
DESTY x2	3	SEMH	SEND support	2	Mrs Finch and Miss McKenna 1:1	45m, x1 week
DESTY	5	SEMH	SEND support	2	Miss McKeever 1:1	45m, x1 week
DESTY x2	6	SEMH	SEND support	2	Miss McKeever and Mrs Finch 1:1	45m, x1 week
Lego Therapy	Across School	SEMH	SEND Support	2	Mrs Mahon	45m, 1x week
Anxiety/phobia support	Across school	SEMH	SEND Support	1	Mrs Mahon	6 x 1hr
Low mood support	Across school	SEMH	SEND support	1	Mrs Mahon	6 x 1hr
Behavioural Difficulties	Across school	SEMH	SEND support	1	Mrs Mahon	3 x 30mins
Social Stories	Across school	SEMH	SEND support		Mrs Mahon	As needed
Parental workshop on behaviour at home	Across school	SEMH	SEND support		Mrs Mahon	4 x 1hr
