



All Saints' CEVCP School

Mental Health and Wellbeing Statement

Poor mental health undermines educational attainment. Surveys suggest that disproportionately large numbers of pupils with conduct and emotional disorders fall behind in their overall educational attainment, missing school and/or being excluded.

One in ten children and young people aged 5 to 16 have a clinically diagnosed mental health disorder and around one in seven has less severe problems.

Mental Health and Wellbeing Statement

The mental health and wellbeing of all members of All Saints' CEVCP School (including staff, pupils and parents) is fundamental to our Christian ethos and values where everyone is valued.

Aims:

- To ensure that through the promotion of positive mental health and wellbeing, our pupils are helped to understand and express their feelings, build their confidence and emotional resilience and therefore reach their full potential.
- To increase the awareness and understanding and reduce stigma amongst pupils, staff and parents/carers of issues involving the mental health and wellbeing and to provide support at an early stage to any pupil or member of staff who is or appears to be suffering from mental health issues.

Promoting positive mental health and wellbeing:

The culture at All Saints' CEVCP School promotes pupils' and staff positive mental health and wellbeing and avoids stigma by:

- Having a whole-school approach to promoting positive mental health and wellbeing within an ethos of high expectations and constant support.
- Having a committed staff community that sets a whole school culture of positive mental health and wellbeing support and values that everyone understands.
- Having a robust programme of continuing professional development (CPD) for staff.
- Having a trained staff with an understanding of all aspects of mental health and wellbeing
- Working closely with pupils, parents and carers.
- Whole school promotion of kindness and building individual resilience
- Listening to each other

Supporting pupils:

Our school offers a range of services to help pupils develop positive mental health and wellbeing and support those experiencing mental health issues. These are:

- Trained Healthy Mind Champions who understand how to identify and support pupils who are experiencing mental health issues
- Trained and experienced ELSA (Emotional Literacy Support Assistant) who runs bespoke 1:1 and small group sessions to support identified needs
- Trained staff for Talking and Drawing nurture programme
- SENCo who is trained to undertake pupil perceptions using the Signs of Safety Programme
- Class teachers and teaching assistants are well placed to spot changes in behaviour that might indicate a problem and offer support and guidance.
- PSHE curriculum includes mental health topics in order to raise awareness and understanding and provide strategies for developing positive emotional health and wellbeing and managing mental health.
- PSHE has the flexibility to focus on developing children's resilience, confidence and ability to learn.
- Links with outside support and specialist agencies (e.g. school nurse, Wellbeing Hub, CISS) to provide interventions for pupils with mental health problems.
- Links with HR Occupational Health and Employee Assistance Programme for school staff

Referrals:

Any member of staff, pupil, parents/carers concerned about the mental health and wellbeing of a pupil should speak to the class teacher and/or the headteacher about their concerns.

The headteacher and class teacher will monitor and support them, and refer to our ELSA for support or with outside agencies, if appropriate, for further intervention.

Concerns will be shared and discussed with parents so that we can work in partnership to provide support.