

**St. Austin's R.C. Primary School**



Grow In Faith Together

# Mental Health and Wellbeing Policy

## **Mission statement:**

St Austin's is like a star where the light inside each one of us shines brightly.

As a team, we support, value and respect each other.

As a family, we use our talents to be the best that we can be,  
following the path of Jesus as we;

Grow in Faith Together

## **Defining mental health**

Mental Health is “the emotional and spiritual resilience which enables us to enjoy life and survive pain, suffering and disappointment. It is a positive sense of wellbeing and an underlying belief in our and others dignity and worth. It is influenced by our experience and our genetic inheritance.” (World Health Organisation)

Mental health can affect any pupil directly or indirectly and the effects can be long or short term. Mental health affects all aspects of life and behaviour.

## **Who is covered by this policy?**

This policy applies to all pupils who attend, and all staff who work at St Austin's R.C. Primary School, irrespective of role. This policy encourages the mental health and wellbeing for all staff and children.

## **Context and Rationale**

All children and young people have the right to be educated in an environment that supports and promotes positive mental health for everybody. All adults have the right to work in an environment that supports and promotes positive mental health for everybody.

Mental Health and Wellbeing promotes school success and improvements by:

- Promoting positive mental and emotional wellbeing by providing information and support.
- Creating a shared understanding of all aspects of mental health.
- Enabling those with mental health related issues to self-disclose and seek support in a safe confidential manner.
- Offering guidance and strategies to support pupils and staff to be mentally healthy.
- Creating a culture to support and maintain positive mental health and wellbeing.

## **Aims of the policy**

The purpose of this policy is to have:

### **General**

- Resilient, happier and more motivated pupils and staff who get more out of life.

### **Teaching and Learning**

- Pupils who are more engaged in the learning process.
- Pupils who can concentrate and learn better.
- Improved standards in all subjects.
- Improved attainment.
- More effective teaching.
- Parents and carers who are more involved in school life and learning.

### **Behaviour and Attendance**

- Pupils with high confidence and self-esteem.
- Pupils who have a say in what happens at school.
- More engaged learners.
- Good concentration, behaviour and attendance.
- Positive peer relationships.

### **Staff Confidence and Development**

- High morale.
- Staff with high wellbeing leading to lower absenteeism.
- Stable, content and consistent workforce.
- Positive and effective relationships with pupils.

## **Policy statement**

St Austin's R.C. Primary School is committed to promoting the mental health and emotional wellbeing of pupils and staff. In order to do so the school will:

### **Promoting Mental Health and Wellbeing (Prevention)**

- Encourage and support the whole school community to be positive in its approach to mental health wellbeing.

- Promote knowledge and understanding of both internal and external support services.
- Provide guidance and support to all those connected with the organisation to help them develop confidence in their ability to manage mental health and emotional wellbeing.
- Provide appropriate training and information to staff on mental health and emotional wellbeing.
- Have a named Resilience and Wellbeing Champion responsible for the coordination and delivery of the school's mental health and emotional wellbeing strategy, as well as acting as the contact point.
- Seek to integrate mental health and emotional support across the curriculum.
- Keep this policy under review and make changes when legislation and best practice requires.

### Addressing Needs (mechanisms to support children and staff)

- Promote a culture which supports and encourages self-disclosure.
- Provide a framework for responding appropriately to mental health wellbeing.
- Recognise that staff have the responsibility to alert others to potential and actual indicators of mental health needs, and to take this action whenever necessary, via their line manager or the Senior Leadership Team.
- Co-operate with other organisations involved in the delivery of mental health and emotional support services.
- Observe the principles of confidentiality and data protection in respect of mental health and emotional wellbeing.

### **Roles and Responsibilities**

All staff will actively support, contribute to and be involved in the promotion of good health and wellbeing, participating in staff development when the opportunities arise.

The PSHE Co-ordinator alongside the Senior Leadership Team will have responsibility for reviewing and playing a supportive role in all health promoting initiatives within the school.

### **Working in partnership with parents**

At St Austin's we understand and value the need to work closely with parents and carers to ensure that the school's health initiatives meet the needs of our pupils. We value the important contribution made by parents and appreciate the need to engage

parents and families in improving the health of the children. We seek to establish and maintain strong positive links with both the parents and the community. We will continue to keep parents and carers informed through: letters, newsletters, the school website and information meetings.

### **Working in partnership with other agencies and specialist services**

St Austin's makes extensive use of specialist services in supporting the learning, social, emotional and behavioural needs of individuals. We actively seek the expertise of other specialist agencies such as Child and Adolescent Mental Health Services (Camhs), social workers, Barnardo's, the British Red Cross, School Nursing Service and the Educational Psychology service amongst others.

### **CPD**

In accordance with other school policies, staff at St Austin's are encouraged to seek professional development in all areas of the curriculum; this includes CPD relating to mental health and wellbeing.

### **Useful links for parents and carers**

Useful information about services available to you and your child can be found in the following places:

<https://www.sthelens.gov.uk/schools-education/sen-the-local-offer/health-wellbeing/>

<https://www.sthelens.gov.uk/schools-education/sen-the-local-offer/leisure-activities/>

<https://www.sthelens.gov.uk/public-health-and-wellbeing/>

<http://www.sthelensgateway.info/about-us/> (this website has useful information about the Child and Adolescent Mental Health Services [Camhs] as well as Barnardo's counselling services)

<http://www.bridgewater.nhs.uk/haltonsthelens/wellbeingservice/>

<http://www.nwbh.nhs.uk/school-nursing-st-helens>

You may also wish to contact:

St Helens Gateway, The Millennium Centre, Corporation Street, St Helens, WA10 1HJ, 01744 740803

Wellbeing Enterprises CIC, Bridgewater House, Old Coach Road, Runcorn, WA7  
1QT, 01928 589799

Bridgewater Community Healthcare NHS Foundation Trust, Bevan House, 17  
Beecham Court, Smithy Brook Road, Wigan, WN3 6PR, 01942 482630

North West Borough Healthcare, Hollins Park House, Hollins Lane, Winwick,  
Warrington, WA2 8WA, 01925 664 000