

St. James' RC Primary School

PROMOTING POSITIVE MENTAL HEALTH IN SCHOOLS

Developed in consultation/collaboration with	Governing Body, SLT, other Bromley schools, children, staff, volunteers, outside agencies
For use by	Governors, SLT , Staff and volunteers
Adopted	Summer 2017
Agreed by	Head Teacher and Governing Body
Next policy review date	Autumn 2019 or before if necessary
Signed Co-Head Teacher and Chair of Governors	Head Teacher..... Chair of Governors.....

Mission Statement

FAITH IN ACTION
WORKING TOGETHER
WALKING IN THE FOOTSTEPS OF CHRIST

At St. James' RC Primary School we:-

- Actively demonstrate the Catholic values that are shared by all;
- Maintain a safe, welcoming environment which fosters independence and resilience;
- Promote positive relationships and respect for self and others;
- Inspire children to be excited by learning;
- Enable everyone to reach their full potential and embrace the future.

WE BELIEVE IN YOU AND YOUR ABILITY TO SUCCEED

At St. James' we recognise that all children and young people need the foundation of positive mental health to benefit fully from all of the opportunities available to them.

Everyone experiences life challenges that can make us vulnerable to mental health issues. At times, anyone may need additional support to maintain or develop good mental health.

- 1 in 10 children and young people aged 1 – 15 years have a clinically recognisable mental disorder in any one year
- 1 in 4 adults will experience mental health difficulties; at least half of these difficulties can be traced back to childhood

Mental health impacts on all areas of development, learning, achievement and experiences.

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 all.

At St. James' we are committed to raising awareness, increasing understanding and ensuring that schools can and do make a difference by providing a place where all children and young people feel safe, secure and able to achieve and experience success and well-being.

At St. James' we offer a learning environment that promotes and enhances positive mental health. A consistent approach means that both the school environment and Christian ethos, promote the mental health of the whole school community.

Healthy relationships underpin positive mental health and have a significant impact.

At St James' our mentally healthy environment has:

- A clear and agreed ethos and culture that accords value and respect to all;
- A commitment to being responsive to children and young people's needs;
- Clearly defined mental health links in school policies;
- Clear guidelines for internal and external referrals;
- Strong links with external agencies to provide access to support and information;
- A named lead for mental health promotion; with an expectation that mental health is everyone's responsibility.

At St. James' pupils:

- Have opportunities to participate in activities that encourage belonging;
- Have opportunities to participate in decision making;
- Have opportunities to celebrate academic and non-academic achievements;
- Have their unique talents and abilities identified and developed;
- Have opportunities to develop a sense of worth through taking responsibility for themselves and others;
- Have opportunities to reflect;

- Have access to appropriate support that meets their needs;
- Have a right to be in an environment that is safe, clean, attractive and well cared for;
- Are monitored by staff who report any concerns about a pupil's mental health to the Head Teacher /Deputy Head Teacher;
- Are surrounded by adults who model positive and appropriate behaviours, interactions and ways of relating at all times.

At St. James' staff:

- Have their individual needs recognised and responded to in a holistic way;
- Have a range of strategies that support their mental health, eg a named person to speak to, signposting;
- Have recognition of their work-life balance;
- Feel valued and have opportunities to contribute to decision making processes;
- Celebrate and recognise each others success;
- Are able to carry out roles and responsibilities effectively;
- Are provided with opportunities for CPD both personally and professionally;
- Have their unique talents and skills recognised and opportunities are provided for development;
- Have time to reflect;
- Can access proactive strategies and systems to support them at times of emotional needs in both the short term and the long term.

At St. James' parents/carers:

- Are recognised for their significant contribution to children and young people's mental health;
- Are welcomed, included and work in partnership with schools and agencies;
- Are provided with opportunities where they can ask for help when needed;
- Are signposted to appropriate agencies for support;
- Are clear about their roles and expectations when working in partnership with the school;
- Have their opinions sought, valued and responded to;
- Have their strengths and difficulties recognised, acknowledged and challenged appropriately.

At St. James' we strive to be a place where the whole school community:

- Is involved in promoting positive mental health;
- Is valued for the role it plays in promoting positive mental health;
- Contributes towards the ethos of the school

At St. James' we provide opportunities that promote positive mental health, through the standard curriculum and extended provision, eg Circle Time, SEAL, play, differentiated learning activities, individual timetables, parents'/carers' groups and by challenging stereotypes, etc.

We work with the parish community of St. James' The Great, to coordinate support for pupils who suffer bereavement through the loss of significant people in their lives.

We consider separation/divorce of parents as a significant loss for children and can offer an external counselling service in addition to the Listening Ear.

In order to implement the policy for promoting positive mental health we:

- Involve the whole community and other agencies in our approach to mental health;
- We underpin all policies and practices currently used in schools;
- We raise awareness as to how the whole school community can look after their own mental health and that of others;
- We help to de-stigmatise mental health;
- We support people and provide opportunities that enable everyone to reach their potential;
- We strengthen relationships and provide opportunities for different ways of working;
- We provide foundations for life-long learning;
- We promote and strengthen resilience throughout the whole school community and empower everyone to face life's challenges.

This policy promotes positive mental health. It is a working document and has been developed in consultation with the whole school community.

This policy will be reviewed every two years.

Measuring Impact

This policy offers opportunities to measure the impact in a variety of ways through:

- School policies;
- Adherence to the school's ethos;
- Child/Staff/Volunteer well-being;
- Staff/Governor/class and school council meetings;
- Feedback from the whole school community via questionnaires and verbally, formally and informally;
- The number of external referrals to CAMHS, Bromley Y, Health Service, Social Care;
- Training and development internally, for example 'Safeguarding, Mental Health and Well-being' inset;
- Induction and professional development of Staff and Volunteers.

The promotion of positive mental health for children and young people is everyone's business

References:

- Mental Health and Behaviour In Schools – DFE 2014
- Article 28, 29, 30 and 31 United Nations Convention on the Rights of the Child
- Work/Life Balance National Agreement 2003-2005

Related Policies

St. James' RC Primary School – Mental Health Policy – 2017 – To be reviewed 2019

Behaviour Policy
Anti-Bullying Policy
Equal Opportunities Policy
Safeguarding Policy and Child Protection Procedures
Health and Safety Policy
Food Policy
SEND Policy