



Policy Number: CRA-AP- 030
Issue / Version No. 0.1

Emotional wellbeing and mental health

Current Status:
Ratified

Ratified

Compliance:

**All members of Chandlers Ridge Academy staff will follow Academy policies.
The consequences of non-compliance may include disciplinary or legal action.**

Document Control

Application	This policy pertains to all activities undertaken by all staff at Chandlers Ridge Academy
Associated policy reference and title	medical policy, SEND, Child protection, safeguarding
Date of ratification	March 2021
Date to be reviewed	March 2023
Replacing	New policy
Policy Lead	Mrs L Lidgard

Consultation Audit Trail

Name	Role	Version	Date
LGB	Governing Body	0.1	March 2021

Change Log

Summarise the major changes between versions below

Pg/Section	Change	Version	Date
		V0.1	April 2016

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Chandlers Ridge Academy Emotional wellbeing and mental health policy

1. Introduction

At our school we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

At our school we:

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships.
- promote self esteem and ensure children know that they count.
- encourage children to be confident and 'dare to be different'
- help children to develop emotional resilience and to manage setbacks.

We promote a mentally healthy environment through:

- Promoting our school values and encouraging a sense of belonging.
- Promoting pupil voice and opportunities to participate in decision-making
- Celebrating academic and non-academic achievements
- Providing opportunities to develop a sense of worth through taking responsibility for themselves and others
- Providing opportunities to reflect.

Access to appropriate support that meets their needs

We pursue our aims through:

- Universal, whole school approaches
- Support for pupils going through recent difficulties including bereavement.
- Specialised, targeted approaches aimed at pupils with needs.

2. Scope of Policy and Objectives

Covers emotional wellbeing and mental health of children in school. This policy should be read in conjunction with our Medical policy and our SEND policy in cases where pupils mental health needs overlap with these. This policy should also be read in conjunction with policies for Behaviour and Anti-bullying, and PSHE and SMSC policies. It should also sit alongside child protection procedures.

3. Responsibilities

1. **VALT:** Vision Academy Learning Trust has overall responsibility to ensure that policies and procedures are in place for the processes associated with the Chandlers Ridge Academy
2. **LGB:** The Local Governing Body has responsibility to ensure that Chandlers Ridge Academy operates within the policies and procedures set out by VALT.
3. **Head Teacher:** The Head Teacher has responsibility to ensure that operational services are suitably established within the policy and procedural framework set out by VALT, and to ensure that all staff and volunteers understand and comply with the policy and procedural framework.
4. **Senior Leadership Team:** Each Senior Leader is responsible for ensuring that the policies and procedures are adhered to within their area of accountability.
5. **Teachers:** Each Teacher is responsible for ensuring that the policies and procedures are adhered to within their area of accountability.
6. **All Staff and volunteer helpers:** All staff and volunteer helpers within the scope of the policies and procedures are responsible for the implementation of the policy within their own area of accountability

4. Key Themes

4.1 Teaching about emotional wellbeing

The skills, knowledge and understanding needed by our children to keep themselves mentally healthy and safe are included as part of our developmental PSHE curriculum. We mainly used Jigsaw resources for this.

The school will offer support through targeted approaches for individual pupils or groups of pupils which may include:

- Circle time approaches or 'circle of friends' activities.
- Head Start and headstarter children in school
- Managing feelings resources e.g. 'worry boxes' and 'worry eaters'
- School council
- Therapeutic activities including art, lego and relaxation and mindfulness techniques.
- Children mental health weeks

4.2 Signposting

We will ensure that staff, pupils and parents are aware of what support is available within our school and how to access further support.

4.3 Identifying needs and warning signs

All staff will complete CPOMs every time any difficulties arise including:

- Attendance • Punctuality • Relationships • Approach to learning • Physical indicators • Negative behaviour patterns • Family circumstances • Recent bereavement • Health indicators

During times of national restrictions a wellbeing weekly tracker is in use by all staff recording phone calls and support provided.

4.4 Working with parents

In order to support parents we will: • Highlight sources of information and support about mental health and emotional wellbeing on our school website • Share and allow parents to access sources of further support • Ensure that all parents are aware of who to talk to, and how to get about this, if they have concerns about their child. • Make our emotional wellbeing and mental health policy easily accessible to parents • Share ideas about how parents can support positive mental health in their children. • share ideas for extending and exploring this learning at home.

4.5 Working with other agencies

As part of our targeted provision the school will work with other agencies to support children's emotional health and wellbeing including:

- Head Start
- The school nurse
- Educational psychology services
- Paediatricians
- CAMHS (child and adolescent mental health service)
- MIND

- Play therapists

5. Roles and responsibilities

5.1 All staff

All staff have training on emotional wellbeing and mental health, also additional training on bereavement.

6. Implementation

1. Chandlers Ridge Academy Local Governing Body, Head Teacher, Senior Leadership Team and Teachers are responsible for ensuring that this policy is effectively implemented.
2. This policy will be available on the Chandlers Ridge Academy Website.

7. Audit

1. This policy will be reviewed on a 2 year cycle or earlier if necessary.

APPENDIX ONE