



Bracken Hill School

Mental Health and Wellbeing School Policy

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Policy Type: Whole School

The Governors of the school recognise that all staff play a vital role in the achievement of high standards and in providing our pupils with the best opportunities matched to their needs.

Purpose of this document

This policy sets out how we, as a school, support students with their mental health and wellbeing. We work closely with students, parents/carers and other professionals to ensure we have robust procedures in place to support positive mental health and wellbeing within our community.

This document reflects the requirements of key legislation and in particular three key documents:

- Mental Health Standards' (2014) and
- Promoting Children & Young People Emotional Health & Wellbeing (2015) and
- Supporting Mental Health in Schools and Colleges (2018)

Intent

At Bracken Hill we understand the importance of wellbeing and resilience for our pupils, parents and staff. Pupils experience mental health support throughout their day, via a considered mental health curriculum and through targeted interventions when necessary. Staff are aware and trained to provide these as part of a supportive school that encourages respect and communication.

Staff wellbeing is nurtured and considered a priority, which is supported by strong team relationships and feeling valued.

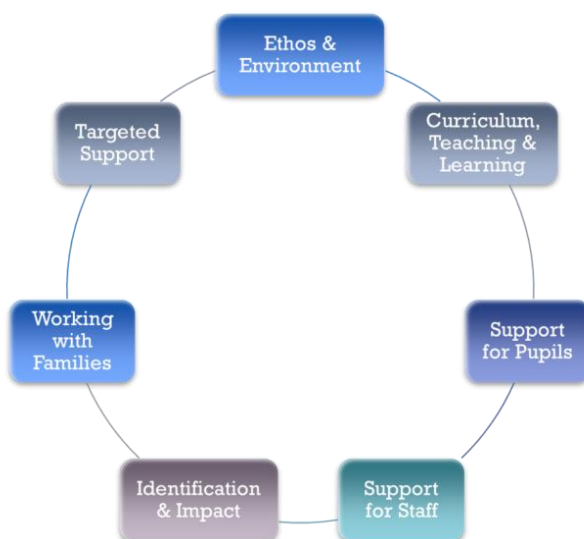
Parental relationships with school are positive. Support, advice, training opportunities and ideas are shared through accessible channels such as the school website, Seesaw and our Community Liaison teaching assistant.

Implementation

To enable Bracken Hill School to effectively manage children and young people's mental health and wellbeing in a school setting:

- The school will have an up to date policy that is reviewed bi-annually.
- The school will have a designated Mental Health and Wellbeing Lead and support team.
- The school will have Mental Health and Wellbeing strategies embedded for all pupils, as well as additional therapies that will be used for pupils that need extra support.
- The school will provide a mental health curriculum that is accessed across the phases.
- The school will provide staff with the training and support they need to be proactive in promoting positive mental health strategies.
- The school will endeavour to support the Mental Health and Wellbeing needs of staff.
- We will work together with families.
- We will provide a holistic and multiagency approach.

Bracken Hill Emotional Health and Wellbeing Principles



The seven identified Emotional Health and Wellbeing principles will underpin the approaches used to support the development and integration of Wellbeing Strategies within the school.

Support for Pupils

School policy and curriculum delivery will be tailored to promote the key aspects of improving wellbeing. It will focus on creating a physically, emotionally and socially rich environment where key relationships can thrive and pupils can feel secure in their learning.

School based programmes which are linked to the curriculum, will promote pupil voice through developing independence and choice making.

Pupils will receive activities that focus on promoting positive mental health within their class teams and for those pupils that are beginning to struggle, referrals will be made by class team to give additional access to interventions when needed.

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|-----------------------------------|---|
| Whole school class-based approach | Library of Resources |
| | My Happy Mind curriculum |
| | Class room strategies such as yoga, relaxation, mindfulness etc. |
| | Activities children enjoy such as walks, football etc. |
| Targeted supported | Draw and Talk Therapy |
| | Play Therapy |
| | ELSA |
| | Music Therapy |
| | Counselling |
| | Focus days: Hello Yellow |
| | Support from other professionals including Educational Psychologist and Occupational Therapist. |

Support for Staff

Training and signposting to assessment materials will form the basis for staff identification. Onus will be placed on staff to self-assess and information for next steps will be available on request.

Staff will have access to training sessions and signposting to approaches and resources that will support their own emotional health and wellbeing with an aim to foster teamwork and create solidarity.

Staff wellbeing questionnaires will be sent out annually and the analysis of this will help to improve and inform whole school wellbeing approaches.

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| Whole school approach | Library of Resources |
| | Social/ Team building events half termly |
| | Weekly 'in school' time in teams on Tuesday nights |
| | 'Mugged' appreciation strategy |
| | CPD - anxiety, resilience, yoga |
| Targeted supported | SAS – School Advisory Service |
| | Opportunity to meet with Wellbeing Champion |

Working with families

If concerns are raised in school or at home about a pupil that is struggling with their Mental Health, we would be transparent and communicate with families around support that is in place and can be put in place.

We would also be an open ear to parent's and share support and information for those parent's who are struggling with their own mental health. Our website is an anonymous way that information can be accessed, as well as joining parent's group or reaching out to staff teams and our Community Liaison.

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| Whole school approach | Library of Resources |
| | Parents group regularly meeting |
| | Website of resources and links to support |
| Targeted supported | Community Liaison |

Impact

We believe that the whole school approaches and targeted support highlighted within this policy will support our entire school community, enabling them to overcome challenges, support one another, embrace opportunities and be successful in the modern world.

Links with other Bracken Hill Policies

- Children Protection Policy

This policy is reviewed biennially to ensure compliance with current regulations