



Federation of Barnehurst School Mental Health and Wellbeing Statement

World Health Organisation definition of Mental Health and Wellbeing

Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

Barnehurst Federation Vision statement for Wellbeing

Barnehurst- a culture of Wellness and Emotional Resilience empowering us all to develop and thrive.

At Barnehurst we are passionate about promoting and embedding Mental Wellness across the whole school and community. Our vision is to create a culture of Wellness and Emotional Resilience for our Pupils, Staff & Community. Together, we can encourage positive Mental Wellness into all our lives through a sense of belonging, which will enable us all to develop and thrive.

We are committed to supporting the mental health and wellbeing of our Pupils, Staff and Community. We have a supportive and caring ethos, which we have embedded in our school values–



The Value of Courage

At Barnehurst, our community has the courage to overcome our fears and challenges through a growth mindset. We have the courage to be honest and to be the voice of change.

"I learned that courage was not the absence of fear but the triumph over it." Nelson Mandela

The Value of Kindness

At Barnehurst, we know that kindness costs nothing and know that our actions can impact others positively. We show compassion and thoughtfulness to make the world a happier place for everyone.

"When given the choice between being right or being kind, choose kind." R.J. Palacio



The Value Equality

At Barnehurst, we ensure that everyone is treated equally and fairly and are respectful of the things that make us all individuals and unique. We strive to create a world that is more equal allowing everyone to fulfil their dreams

"Every great dream begins with a dreamer. Always remember that you have within you the strength, the patience, and the passion to reach for the stars and change the world." Harriet Tubman

The Value of Resilience

At Barnehurst, we welcome challenges as we know that this is how we learn and grow. We learn from our mistakes and use feedback to improve. When things are tough we bounce back up again.

"Some people want it to be happen, some people wish it would happen and some people make it happen." Michael Jordan

Aims

At our school we:

- Help children understand their emotions and feelings better
- Help children to talk openly and discuss their concerns or worries
- Help children socially to form and maintain relationships
- Promote self-esteem and ensure children know they count
- To encourage children to develop resilience

We promote a Mentally Healthy School through:

- Promoting our school values
- Promoting Pupil Voice and opportunities to participate in decision-making
- Encourage an inclusive environment
- Access to appropriate support to allow children to reach their full potential

We pursue our aims through:

- Whole school approach to Mental Health and Wellbeing
- Providing support for pupils going through difficult times
- Specialist, targeted approaches aimed at pupils with more complex or long term difficulties

Lead Members of Staff

We believe that all staff have a responsibility to promote positive mental health, and to understand about protective and risk factors for mental health. Some children will require additional help and all staff should have the skills to look out for any early warning signs of mental health problems and ensure that children with mental health needs get early intervention and the support they need.



Relevant support includes:

- Our Senior Leadership Team
- Our Inclusion Leadership Team/SENCO
- Our Family Engagement and Wellbeing Lead
- Our Safeguarding/Child Protection Leads
- Support TA's who offer Therapeutic Play & Resilience Groups

Warning Signs

School staff may become aware of warning signs which indicate a pupil, or a parent or carer or a colleague is experiencing mental health or emotional wellbeing issues. These warning signs should always be taken seriously and staff observing any of these warning signs should communicate their concerns with a member of our Inclusion Team, or our mental health and emotional wellbeing lead.

Possible warning signs include:

- Physical signs of harm that are repeated or appear non-accidental
- Changes in eating / sleeping habits
- Increased isolation from friends or family, becoming socially withdrawn
- Changes in activity and mood
- Lowering of academic achievement
- Talking or joking about self-harm or suicide
- Abusing drugs or alcohol
- Expressing feelings of failure, uselessness or loss of hope
- Changes in clothing – e.g. long sleeves in warm weather
- Secretive behaviour
- Skipping PE or getting changed secretly
- Lateness to or absence from school

Targeted Support

The school will offer support through targeted approaches for children:

- SEMH Tool Kit
- Managing Feelings resources – Worry Box/Monster, Feelings boards, Daily Check Ins
- Resilience Groups
- Therapeutic Play
- Lego Therapy
- Mindfulness
- 1:1 Drop ins with Wellbeing Lead



Working with Parents and Carers

In order to support parents and carers, we will:

- Share and allow parents to access sources of further support e.g. through parent forums/Inclusion Coffee Mornings
- 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.
- Provide training and workshops for parents around Mental health & Wellbeing.

Working with other agencies and partners

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

- The school nurse
- Educational psychology services
- CAMHS (child and adolescent mental health service)
- Counselling services
- Family Wellbeing

Working with Staff

We want all staff to be confident in their knowledge of mental health and wellbeing and to be able to promote positive mental health and wellbeing, identify mental health needs early in pupils and know what to do and where to get help. We will ensure that staff are supported and encouraged to develop personally and professionally. We recognise that staff wellbeing is important to pupil achievement and the school's performance.

In order to support this, we will:

- Provide Staff with training to identify and support early signs of mental health
- Ensure staff have access to resources to support early signs of mental health and signposting (Wellbeing Notice Board – PPA Room)
- Provide staff with training on how to look after their own mental health & wellbeing
- Encourage staff to use Care First (Staff Wellbeing Board – Staff Room)
- Run Staff Wellbeing questionnaires twice a year and create an action plan around the responses
- Invite all staff to become part of the school Wellbeing Group, so that all staff have a voice and can contribute towards promoting Positive Wellbeing across the school
- Create an open door policy where staff know they will be listened to and supported
- Ensure all staff have access to professional development opportunities
- Ensure a positive school ethos where everyone is valued



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.

For general information and support www.youngminds.org.uk champions young people's mental health

Anxiety UK www.anxietyuk.org.uk

OCD UK www.ocduk.org

Depression Alliance www.depressoinalliance.org

Eating Disorders www.b-eat.co.uk and www.inourhands.com

National Self-Harm Network www.nshn.co.uk Self-Harm www.selfharm.co.uk

Suicidal thoughts Prevention of young suicide UK – PAPYRUS: www.papyrus-uk.org

Tackles the stigma of mental health www.time-to-change.org.uk

Link to other policies

This policy links to our policies on Safeguarding, Medical, Anti-Bullying, SEND. Links with the School's Behaviour Policy are especially important because behaviour, whether it is disruptive, withdrawn, anxious, depressed or otherwise, may be related to an unmet mental health need.