



Wadham School

Mental Health Policy

Approved by:

Date:

Last reviewed on:

Next review due by:



What is Mental Health

We all have mental health, just as we all have physical Health. Being mentally healthy means that;

- ❖ We feel good about ourselves.
- ❖ We can make and keep positive relationships with others.
- ❖ We feel able to manage our feelings rather than feeling overwhelmed by them.
- ❖ We have interests or hobbies that we enjoy.
- ❖ We feel hopeful about our future.

Good Mental health helps us to cope with life's ups and downs and to ask for support for others when we need it.

The mental health spectrum allows school, young people, parents and carers to identify where young people are on the spectrum of mental health and wellbeing and seek the most appropriate forms of support.





Rationale

It is well recognised that a child's emotional health and wellbeing influences their cognitive development and learning as well as their physical and social health and their mental wellbeing in adulthood. Wadham School recognises the importance of providing excellent mental health support and guidance to protect and promote children's mental health and wellbeing.

Good mental health is important for helping children and young people to develop and thrive. The mental health of children and young people survey (2020) found that 1 in 6 children aged 5 – 16 have a probable mental health disorder an increase from 1 in 9 in 2017.

The school role is to provide early intervention to identify issues and provide effective support. Wadham school's role in support and promoting mental health can be summarised as the following.

- 1) Prevention – Create a safe and calm environment where mental health problems are less likely, improving the mental health and wellbeing of the whole school population, and equipping pupils and students to be resilient so that they can manage the normal stress' of life effectively. This will include teaching young people about mental wellbeing through the curriculum and reinforcing this teaching through school activities and ethos.
- 2) Identification – recognising emerging issues as early and accurately as possible.
- 3) Early Support – helping young people to access evidence informed early support and interventions.
- 4) Access to specialist support – working with external agencies to provide swift access to support and treatment.



Figure 2. Eight principles to promoting a whole school or college approach to mental health and wellbeing.



Principles of Whole School Mental Health and Wellbeing

- 1) Curriculum teaching and learning – At Wadham we teach mental health and resilience through the personal development programme at school, assemblies, tutor time and within the curriculum, with special focus on personal development.
- 2) Student Voice – At Wadham the young people’s leadership structure, head student team / prefects with a voice on their education, the school council with a voice of the school body, the pupils voice surveys allow every Wadham pupil to voice their concerns around their own mental health. Young People are also involved with wellbeing and anti-bullying champions to provide a voice for the wider school community.
- 3) Staff Development – MHST provide training for all staff on mental health support and the “TES on line” is used for further training, training for specific members of the pastoral team to provide support for all pupils.
- 4) Identifying needs and monitoring impact – At Wadham we regularly monitor behaviour data to ensure that spikes in behaviour are supported if there is a mental



health concern. Young people at Wadham have the ability to report concerns to their tutor and to other members of staff within the pastoral team. My Concern is used for teachers to identify mental health concerns of any pupil. My Voice is a new reporting tool at Wadham for young people to report their own mental health concerns.

- 5) Targeted support – Wadham’s provision map identifies the outline and progression of mental health support available within school.
- 6) Ethos and environment – At Wadham we aim to provide a respectful environment for all young people to accept their own mental health and the mental health of others.

Leadership and Management

The Senior mental health lead, Mrs Nicky Finch, has an overall strategic overview of the mental health support within school and the wider community, a strategic overview of data relating to behaviour, student voice and My concern. The DSL has an oversight of the patterns within the My Concerns and feeds back to the Personal Development lead to provide a bespoke programme to support all young people within school.

Ethos and Environment

Wadham aims to provide a school environment in which staff, young people are respectful of their own mental health and the mental health of others around them. Wadham aims to develop a community where they can share concerns around themselves and concerns for others to staff within school. Wadham school aims to reach out to the wider community of the young person to ensure they are supported with their mental health and wellbeing.

Curriculum, Teaching and Learning.

There is a strong programme of social and emotional learning at Wadham School. This is through the Personal Development programme and through external bodies coming to complete work with young people. For example, the mental health school teams coming to complete targeted work for young people to improve resilience and wellbeing.

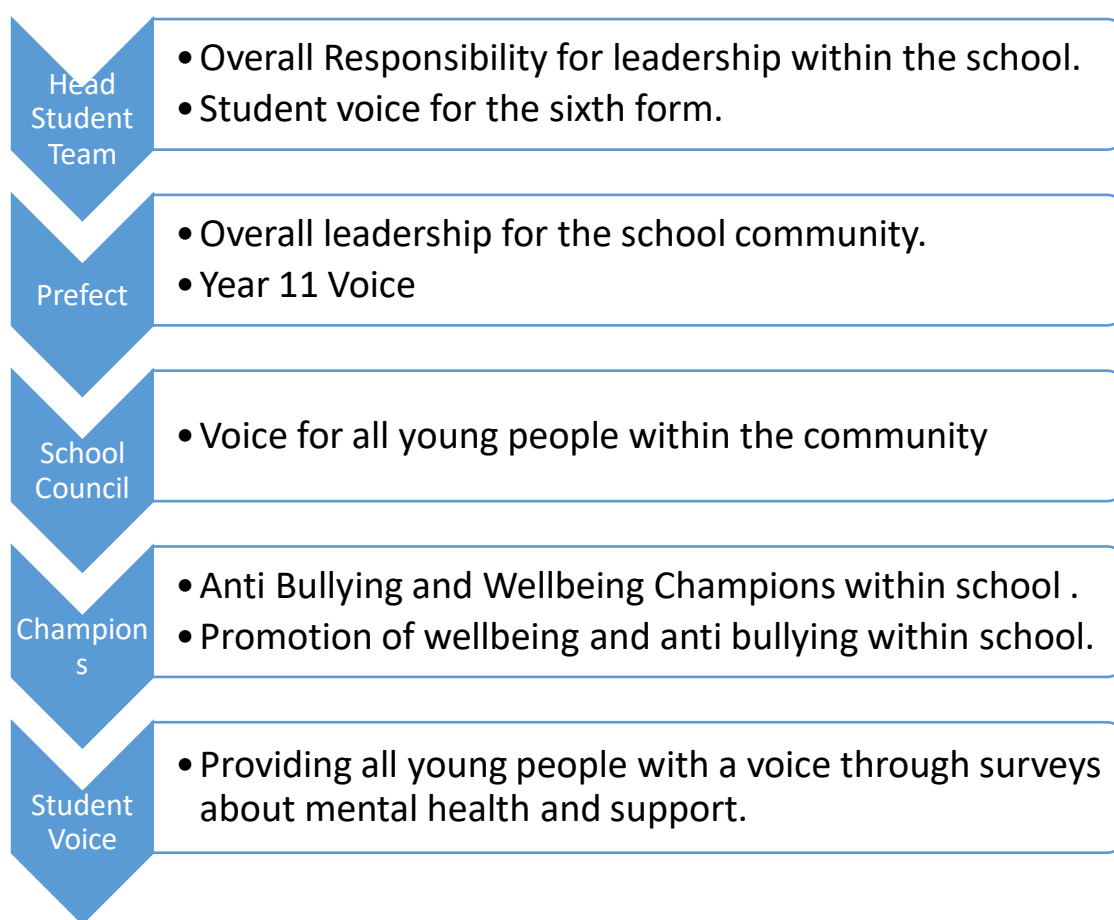
Wadham’s assembly programme also provides support and advice for all young people about developing a culture of talking about mental health and development of resilience and wellbeing.



Student Voice

Wadham School has a robust system of student voice. The system provides a strong system of school leadership and development.

Structure



Staff Development, Health, and Wellbeing

Promoting staff health and wellbeing is an integral principle of Wadham School. Regular confidential surveys are completed to gauge the mental health and wellbeing of school staff. This enables an open and trusted communication between staff and SLT about the wellbeing of all staff.

The wellbeing of all staff is a priority of Wadham School, and the provision map shows the support available for all staff to promote their health and Wellbeing.



Staff Provision Map for Mental Health

Universal Support	Line Manager – monitoring and support Friends and Family at work and home. School Chaplin School social events School Buddy System
Concerns about mental health, short term.	Line Manager SLT involvement for support in workload. School Chaplin Return to work interview to ensure staff are fit to work.
Concerns about mental health Longer term.	Care First Line manager SLT involvement in supporting work with mental health. GP involvement. Occupational Health.

Identifying Need and Monitoring Impact.

Wadham School identifies needs of pupils by the following measures.

- 1) Student Voice – Allows the leaderships and management to identify school wide issues affect mental health and wellbeing of pupils within the school. Regular elements of student voice allow the leaderships and management to monitor the effectiveness of strategies put in place to support issues that are raised.
- 2) My Concern – My concern is used to identify concerns around individual pupils within school. It also allows for the wider school community issues to be identified through analysis of data. Wider issues are fed into the personal development and assembly programme.
- 3) Strengths and difficulties Questionnaires (SDQ's) are used within the Parent Family Support Advisors programme to see the impact of pupils that have had PFSA support.
- 4) My Voice / Keepsafe email (keepsafe@wadhamschool.co.uk) – These are used to allow pupils to report concerns for themselves or concerns for the wider community confidentially. This information is then fed into My concern and monitored and evaluated through this method.

Working with Parents, Families and Carers.

Working with parents, Families and Carers is at the heart of the support programme for young people's mental health and wellbeing. MHST coming to support parents and the



community with talks around mental health. The mental board in reception to support parents in caring for their young people.

The parental mental health booklet is also available to all parents to allow them to be supported with their child if they are concerned around their mental health.

Targeted Support and Appropriate Referrals

The provision map for Wadham School outlines the possible targeted support and appropriate referrals for all young people depending on their mental health and wellbeing concerns.

Provision Map - Mental Health Pupils

Universal Support	Tutor Family Teachers Keepsafe@wadhamschool.co.uk My Voice – My concern app for support Friends Celebration of achievement Personal Development
Tier 1 (Additional Support, short term)	Apps / services. Tutor Pastoral Hub support School nurse (one off contact) Parental Engagement
Tier 2 (additional Support, longer term)	Chaplain, SMEH Monitoring card. Pastoral Hub support Apps and Services Head of Year / Assistant Head of Year support Tutor Support Lunchtime support Club School Nurse Referral Key person in school Crewkerne Wellbeing Centre Mental Health School Team Referral MHST Group work Parent Family Support Worker referral
Tier 3 (Concerns over mental Health)	School Counsellor Mental Health School Team Referral GP contact Child line etc



	Safety plans MHST referral CAMHS 2+ Alternative Provision SMEH Monitoring card Early Help Assessments Personalised Timetable
Tier 4 (Significant Concerns)	CAMHS level 4 Safety Plans in school Early Help Assessments Apps and support DOL / safeguarding team involvement. Medical Support Plans Risk Assessments Personalised timetable Educational Psychologist

Additional Support

SMEH mentor guidance.

Social, Emotional and Mental Health Mentors are allocated through the Alternative Provision at Wadham School. Pupils are allocated a SMEH mentor, and they will meet with their mentor through the term to support their SMEH.

If a young person is identified as possibly having mental health concerns an email is to be sent to the AP to ask for a SMEH mentor. They will be allocated a mentor, and they will have initially a 6-week programme of mentoring. The programme will then assess their progress and their needs within the provision map.



SMEH mentor notes

SMEH MENTORING

Start date:

Initial meeting:

How does the student feel from 1-10? 1 is low 10 is high.



1

5



10

MEETING NOTES:

Review date:

How does the student feel at the end of this mentor $\frac{1}{2}$ term session from 1-10?



1

5



10

Sources of support

Resources to support Young People

GP – Speak with your GP they will be able to support you with your mental health. Make an appointment with your local surgery

School Nurse – The school Nurse comes into Wadham every week and has runs an open clinic – Ask the pastoral hub for details.

MHST (Mental Health School teams) The safeguarding team can refer you to the MHST team. Speak to your Head of Year or the Pastoral Team.

CAMHS (Child and Adolescent mental health Service) CAMHS is the name for the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties. CAMHS support covers depression , problems with food and eating , self-harm ,



abuse, violence or anger , bipolar disorder , schizophrenia and anxiety, among other difficulties. Referrals for CAMHS can go through the safeguarding team or your GP.

Crewkerne Wellbeing Centre – Available in Crewkerne Town centre to support all young people with their wellbeing.

Young Minds - <https://www.youngminds.org.uk> YoungMinds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.

Childline - <https://www.childline.org.uk> Childline - Call free on 0800 1111 or contact them online. Whatever your worry, they are there for you. Message boards Share your experiences, have fun and get support from other young people in similar situations.

Samaritans <https://www.samaritans.org> Whatever you're going through, a Samaritan will face it with you. Open 24 hours a day, 365 days a year. Call 116 123 or contact the webchat online.

Papyrus (Prevention of Young Suicide) provides advice and support for young people who feel like they want to take their own life, all their advice is confidential. papyrus-uk.org) or call 0800 068 4141 or text - Text - 07860 039967

BEAT's Youthline offers support to children and young people with an eating disorder. They have a webchat which is particularly popular with young people. (beateatingdisorders.org.uk)

Hope Again is the youth website of Cruse Bereavement Care. They provide advice for any young person dealing with the loss of a loved one. www.hopeagain.org.uk

2BU – A service to offer advice and support to LGBTQ+ young people in Somerset. [Welcome for LGBTQ+ young people \(2bu-somerset.co.uk\)](http://WelcomeforLGBTQ+youngpeople(2bu-somerset.co.uk))

Shout provides free, confidential, 24/7 text message support in the UK for anyone struggling to cope. They can help with issues including suicidal thoughts, depression, anxiety, panic attacks, abuse, self-harm, relationship problems and bullying. [Free, 24/7 mental health text support in the UK | Shout 85258 \(giveusashout.org\)](http://Free,24/7mentalhealthtextsupportintheUK|Shout85258(giveusashout.org))

KOOTH – a webchat service to support young people. www.kooth.com online mental health wellbeing community.