

Mental Health and Wellbeing Policy at Kates Hill Primary School

'Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community. It has intrinsic and instrumental value and is integral to our well-being.'

(World Health Organisation)

At Kates Hill Primary school, we aim to promote positive mental health for every pupil, member of staff and stakeholder. We promote positive wellbeing through the school's values, beliefs, policies and actions which are embedded within our school, its staff and curriculum.

This policy describes the school's approach to promoting positive mental health and wellbeing. This policy is intended as guidance for all staff and governors.

The policy aims to:

- Promote positive mental health in all staff and pupils
- Increase understanding and awareness of common mental health issues
- Alert staff to early warning signs of mental ill health
- Provide support to staff working with young people with mental health issues
- Provide support to students suffering mental ill health and their families.

Teaching about Mental Health

The skills, knowledge and understanding needed by our pupils to keep themselves and others physically and mentally healthy and safe are included in our PHSE lessons where we follow the Jigsaw programme, which builds on emotional literacy, social skills and mental wellbeing alongside academic growth.

Signposting

We will ensure that staff, pupils and parents are aware of sources of support within the school and in the local community. We will display the mental health first aiders poster in communal areas. The school website is also used to share key information.

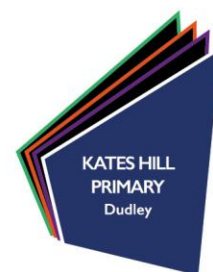
Warning Signs

School staff may become aware of warning signs which indicate a pupil is experiencing mental health or emotional wellbeing issues. These warning signs should always be taken seriously and staff observing these signs should communicate their concerns with a DSL or DDSL.



Kates Hill Primary

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The school also has a referral system in place to share concerns about a child and whether they would be suitable for an Aspire placement. Kates Hill Primary is fortunate to have a bespoke, on-site, alternative provision that caters our children with social, emotional and mental health (SEMH) needs. Aspire aims to help children develop strategies to manage their SEMH needs.

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
- Expressing feelings of failure, uselessness or loss of hope
- Changes in clothing, for example, long sleeves in warm weather
- Secretive behaviour
- Absence from school
- Repeated physical pain or nausea with no evident cause

Training

All staff will receive regular training about recognising and responding to mental health issues in order to keep pupils safe. We will provide relevant information to staff who wish to learn more about mental health. Where the need arises, there will be training offered for all staff to promote learning or understanding about specific issues related to mental health.

