



Mental Health and Well Being Policy - Pupils

Rossendale School & Sixth Form

Approved by:

Elisabeth Kane

Date: September 2022

Last reviewed on:

September 2023

Next review due by:

September 2024

Policy Statement:

At Rossendale School and Sixth Form we are committed to supporting the emotional health and wellbeing of our pupils and staff. We aim to have a supportive and caring ethos and our approach is respectful and kind, where all are valued. At Rossendale School and Sixth Form we understand that everyone experiences life challenges which may mean additional emotional support is needed at times. We take the view that positive mental health is everybody's responsibility and that we all have an active role to play. We endeavour to establish systems and structures which will support those in immediate need to achieve the guidance and advice needed in the first instance and to creating a positive and supportive culture day to day.

1. Scope

This policy is intended to:

- Provide guidance to school staff on our school's approach to promoting positive mental health and wellbeing across all communities in the school.
- Inform pupils and parents about the support that they can expect from the school in respect of supporting mental health and wellbeing.

2. Policy Aims

We aim to help the young people in our care to:

- understand their emotions and feelings better.
- help them feel comfortable in sharing any concerns or worries.
- socially form and maintain relationships.
- develop a healthy self-regard and level of self-esteem.
- develop confidence and dare to be different.
- develop emotional resilience and to manage setbacks.
- develop a sense of belonging to the school community.
- promote pupil voice and opportunities to participate in decision making.

We will also seek to ensure our young people have access to appropriate support to meet more complex needs or personal situations through the school Therapy Referral System. This will then be taken by our Therapy Coordinator to the regular Therapy Triage meeting.

3. Roles and responsibilities

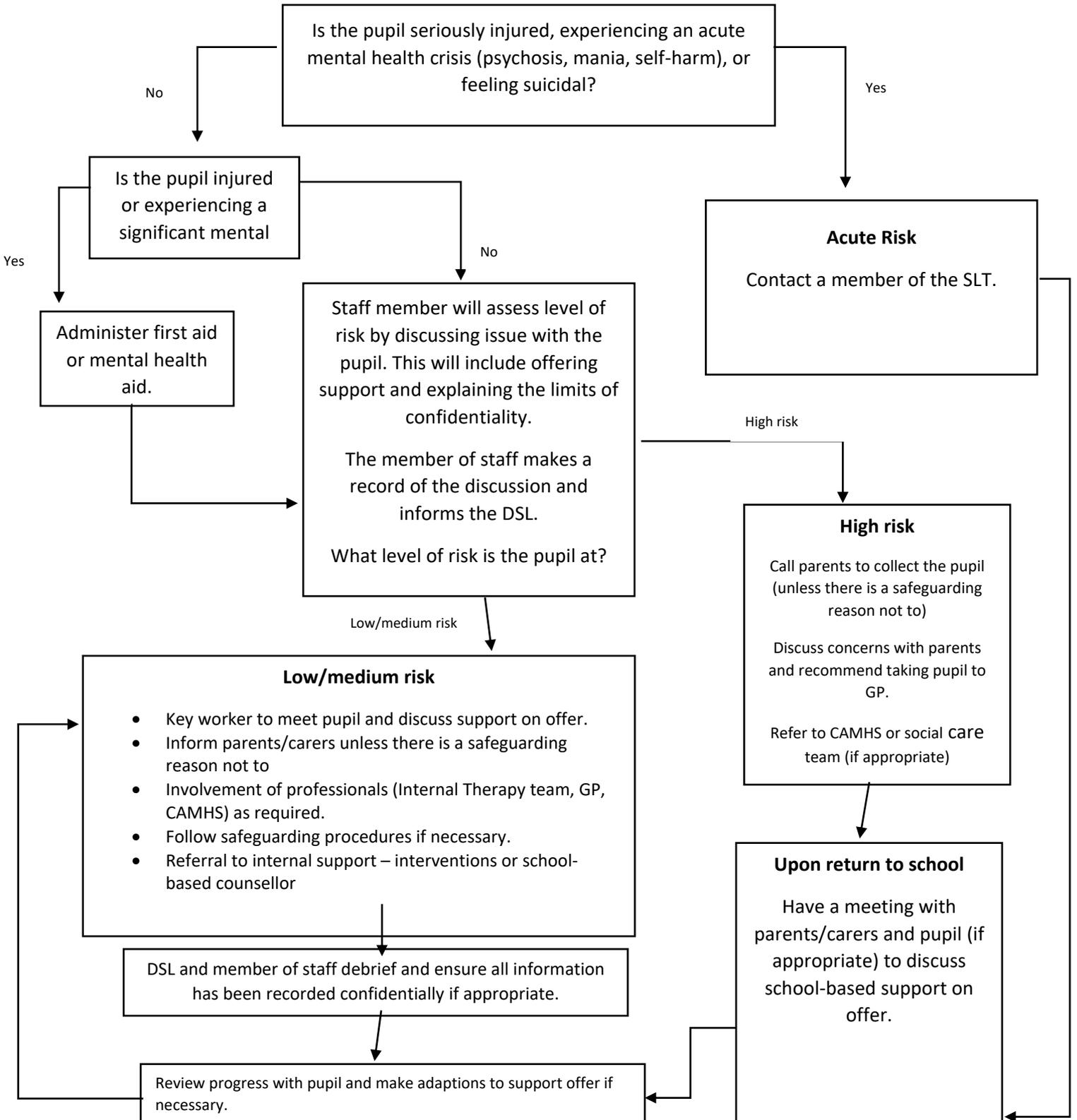
All staff are responsible for promoting positive mental health and wellbeing across the school and for understanding risk factors. If any members of staff are concerned about a pupil's mental health or wellbeing, they should inform the young person's form team and ascertain whether a Therapy Referral form should be submitted. In cases of urgent concern contact one of the DSLs- George Mills, Elisabeth Kane, Claire Keane, Danielle Perryman, or Gemma Carroll

Certain members of staff have extra duties to lead on mental health and wellbeing in school.

These members of staff include:

- Senior Mental Health Lead – Elisabeth Kane
- Mental Health Lead-Claire Keane
- Headteacher – George Mills
- Designated safeguarding leads
- SENCo

4. Procedure to follow in a case of acute mental health crisis



5. Supporting Pupils

As part of the school's commitment to promoting positive mental health and wellbeing for all pupils, the school offers support to all pupils by:

- Raising awareness of mental health during key worker time, form time, PSHE and mental health awareness week
- Signposting young people to sources of online support such as KOOOTH
- Having opening discussions about mental health during lessons, form time and key worker time.
- Appointing a senior mental health led to the leadership team-Mrs. Kane Deputy Headteacher
- Providing young people with avenues to provide feedback on any elements of the school that is negatively impacting their mental health.
- Monitoring young people's mental health through assessments e.g., a strengths and difficulties questionnaire.
- Creative ways to make classrooms a safe space to discuss mental health and wellbeing through interventions such as Worry Boxes.
- Student wellbeing mentor- discuss through pupil council/student voice how staff can support the children's mental health.
- Wellbeing space for students
- Engaging students in Mental Health week activities

6. Making external referrals

If a pupil's needs cannot be met by the internal offer the school provides, the school will make, or encourage parents to make, a referral for external support.

A pupil could be referred to:

- GP or pediatrician
- CAMHS
- Mental health charities (e.g. [Samaritans](#), [Mind](#), [Young Minds](#), [Kooth](#))
- Local counselling services

7. Supporting and collaborating with parents and carers

We will work with parents and carers to support pupils' mental health by:

- Asking parents/carers to inform us of any mental health needs their child is experiencing, so we can offer the right support.
- Informing parents/carers of mental health concerns that we have about their child.
- Engaging with parents/carers to understand their mental health and wellbeing issues, as well as that of their child, and support them accordingly to make sure there is holistic support for them and their child.
- Using the review process to liaise with parents/carers to discuss strategies that can help promote positive mental health in their child.
- Providing information via the school's newsletter to parents to show what we do and what support is available.
- Offer family workshops with the therapy team either face to face or via teams.
- Invite parents and carers to coffee morning which will be hosted at school.

8. Whole school approach to promoting mental health awareness

Mental health is taught in PSHE.

We will follow the [PSHE Association Guidance teaching mental health and emotional wellbeing](#).

Pupils will be taught to:

- Develop healthy coping strategies.
- Challenge misconceptions around mental health
- Understand their own emotional state.
- Keep themselves safe.

For more information, see our PSHE curriculum.

Creating a positive atmosphere around mental health

Staff will create an open culture around mental health by:

- Discussing mental health with pupils to break down stigma.
- Encouraging pupils to disclose when they think their mental health is deteriorating.
- Form periods
- Mental health awareness days/weeks
- Student voice and/or pupil council
- Display/Information boards

Monitoring arrangements

This policy will be reviewed annually by Elisabeth Kane, Deputy Headteacher supported by Claire Keane-mental health lead.