



## The Corsham School Mental Health Policy

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<b>Senior Mental Health Lead</b>	<b>Inclusion Coordinator</b>

### **Mental Health is defined as:**

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. (World Health Organisation)

### **Wellbeing is defined as:**

Wellbeing can be defined as the quality of our lives - how we are, and how our lives are going (Children's Society, 2017). There is subjective wellbeing which looks at how we think we are doing, and objective wellbeing which look at a range of external indicators such as poverty and so on to get an overall measure of wellbeing.

This Policy is written in reference to the summary report from the DfE 'Supporting Mental Health in Schools and Colleges' 2017 Supporting Mental Health in Schools and Colleges.

### **1. Policy Statement**

We believe that Mental Health is an ever-changing state. Just as we feel physically poorly at times we can also feel mentally low. In this way, everyone has a mental health. The promotion of positive mental health for children and young people is everyone's business and we recognise that we cannot do it all on our own. We believe that however progressive and high quality any school provision might be, it is the quality of relationships which young people witness both at home and at school which will influence the quality of their own relationships.

We promote a caring, supportive environment in which each individual is valued and respected. We have high expectations for all and aspire to achieve excellence.

We know that everyone needs the foundation of positive mental health to benefit fully from all of the opportunities available to them and that everyone experiences life challenges that can make us vulnerable. At times, anyone may need additional support to maintain or develop good mental health.

All students and adults have the right to learn and work in an environment that supports and promotes positive mental health for everybody. The Corsham School recognises these needs and rights and is committed to raising awareness, increasing understanding and ensuring that we make a difference by providing an environment where all students and adults feel safe, secure and are able to achieve success and experience well-being. As a result of this we believe that mental health problems can be minimised.

Healthy relationships underpin positive mental health and we provide a learning environment that promotes and enhances positive relationships between all members of our community. All members of the school community (parents, school staff, young people) learn together how best to role model respectful and tolerant relationships with others, where differing viewpoints can co-exist, in the ever-changing world in which we live and work. This means that the school environment and school ethos all promote positive mental health for everyone.

## 2. Aims

### Our Aims:

- To increase understanding and awareness of mental health issues across both the student, staff and parent population so as to provide preventative and early intervention training and support.
- To provide training and education for all staff including Support Staff and Governors.
- To provide support to students and staff who suffer from mental health issues

## 3. Key Members of Staff:

All members of staff (paid/voluntary/teaching/support) have a responsibility to promote good mental health of students. Those with a specific remit of mental health and promoting good wellbeing are listed here:

- **Designated Safeguarding Leads:** Deputy Headteacher, Inclusion Coordinator, Head of Sixth Form, Behaviour Manager, Parent Support Advisor, SENCO, Transition Coordinator.
- **Senior Mental Health Lead:** Inclusion Coordinator
- **Pastoral leaders and Head of Year 7**
- **Pastoral Manager**
- **School Health Nurse**

## 4. Teaching about Mental Health

Through this policy we accept the importance of teaching about mental health.

PSHE Lessons are age appropriate and cover a range of mental health issues and are designed to ensure positive wellbeing and encourage the students to build resilience and develop their knowledge as well as developing the confidence to seek help and support when they need it.

All Year 9 students attend a SPARK wellbeing day, where students are off timetable for the whole day and have the opportunity to engage in a host of wellbeing seminars and activities.

Assemblies also take place throughout the year for all ages focussing on the aspects of mental health and wellbeing most relevant to them.

There are notice boards round the school giving information about mental health issues as well as support agencies and help lines. The students Home Page has a range of self-care resources and links to support.

<https://www.corsham.wilts.sch.uk/page/?title=Student+wellbeing&pid=42>

## 5. School Systems

We believe that it is important to have school systems which support good mental health.

Our Pastoral system ensures that each student is known well by their form tutor who they see at the start of every day. Their Head of House oversee the cohort and liaise with parents and colleagues about all issues regarding wellbeing.

- A strong focus on supporting vulnerable students and those with SEND
- A varied range of extra-curricular events and trips
- A balanced curriculum with opportunities for intellectual, physical and expressive development
- A Curriculum, teaching and assessment policy which is designed to support student and staff wellbeing
- Careers advice
- Opportunities for student leadership for instance through school council, The Duke of Edinburgh Awards Scheme, Sports Leaders, Peer mentors, Ambassadors and more
- An emphasis on praise and reward

## **6. Anti – Bullying Policy**

We deal with all reported incidents of bullying promptly and thoroughly. Our restorative approaches help to reduce repetition of bullying behaviour.

Behaviour for Learning - Our Rewards and Consequence system is clearly understood by all members of the community and works to ensure a calm and safe environment free from bullying.

Routines - We have established routines for the start and end of lessons which enable lessons to start calmly and promptly

Attendance - Our focus on excellent attendance means that students are able to join in, be successful and that we know can support a positive self-image.

## **7. Support for Students**

We believe that it is important that the school provides support for students who may be suffering with issues related to their mental health. We approach mental health issues with kindness over judgement since the causes of another's wellbeing may not always be fully obvious.

All staff and students are informed about where they can access help and support within the school and local community:

- Through posting relevant material in communal areas such as the staff rooms and boards located in student's areas.
- During assemblies and appropriate lessons.
- Through online resources and information for the whole school community via the school's website

## **8. CAMHS in Education**

We work with our 'CAMHS in Education Practitioner' to support student's mental health and wellbeing. Our practitioner provides assessments, parent consultations, signposting and advice.

## **9. Support for Staff**

The school seeks to develop a culture which is both supportive and inclusive. It promotes positive mental health and wellbeing for all staff through:

The Corsham School Mental Health Policy

- SLT meetings (weekly) and fortnightly middle leader meetings
- In regular discussion with union reps
- Through external validation (e.g. national surveys)
- Staff Wellbeing and Workload working group

## 10. Outside Agencies

We recognise that it is not possible to do all of this on our own and we recognise the importance of always looking to work with external agencies to ensure that students receive expert support when it is required.

Examples of such agencies are:

- GP
- Child and Mental Health Services (CAMHS)
- School nurse
- MASH
- Police
- Barnardo's
- Relate

## 11. Confidentiality and Managing Disclosures

Before embarking on any conversations where there is a potential for a disclosure it is essential that all members of staff are transparent about the need to follow the school's Safeguarding and Confidentiality processes.

## 12. Working with Parents and Carers

We recognise the crucial role Parents and Carers play and that raising children during the adolescent years can be difficult. We will always look to work in partnership to support parents and carers.

- We give information and support about common mental health issues on our school website and through regular Newsletters.
- We ensure all parents and carers are aware of who they can talk to should they have concerns about their own child or another child in the school.
- We make this policy accessible to all via the website
- We offer advice to parents and carers on how they can support mental health and wellbeing.
- We keep parents and carers informed about the mental health topics their children are learning in lessons.