

Mental Health and Wellbeing

Rationale

Having a school environment where every pupil can **aspire, enjoy, and achieve** is impossible without good mental health. Consequently, the mental health and wellbeing of staff, pupils, and the wider school community is of the utmost importance at Broughton. Our aim is to help develop the protective factors which build resilience to mental health problems and be a school in which:

- pupils have a sense of belonging and feel safe.
- pupils feel able to talk openly with trusted adults about their problems without any stigma.
- positive mental health is promoted and valued.

In addition to pupils' wellbeing, we recognise the importance of providing staff mental health and wellbeing. Broughton will ensure a positive and caring environment, free from mental health stigma.

Guidelines

1. **All staff** have a responsibility to promote positive mental health. Some pupils will require additional help and all staff should be sensitive for any early warning signs and ensure that pupils with mental health issues get the early intervention support they require. These signs may include: isolation from friends/socially withdrawn/changes in mood or eating/sleeping habits/lowering of academic achievement/talking or joking about self harm or suicide/expressing feelings of failure, secretive behaviour/increase in lateness/absenteeism/not wanting to do PE/getting changed/wearing long sleeves in Summer, drug/alcohol misuse, physical signs of harm, nausea with no evident cause.
2. **The Mental Health Lead is Sue Gledhill** (part of the role of Safeguarding/SENDSCO) assisted by Progress Leaders/Pastoral Support Staff. These colleagues are the **first point of contact** and coordinate communication with CAMHS/outside agencies.
3. Any member of staff, student, parents/carers concerned about mental health and wellbeing of a pupil should speak to either their Progress Tutor or Progress Leader. They will be able to monitor and support the pupil, and will be able to refer on to appropriate staff or outside agencies where appropriate.
4. **If a pupil makes any disclosure** relating to any mental health/wellbeing issue, either concerning themselves or a friend, staff must remain calm, supportive and non-judgemental. Staff must make it abundantly clear that **any such concern will be shared with the Mental Health Lead and recorded on CPOMS** in order to provide appropriate support to the pupils. Any such disclosures must be recorded on the pupil's confidential file. **Any such disclosures must never be discussed with other members of staff.**
5. Pupils will be involved in Mental Health and Wellbeing in a number of ways: through the PSHE curriculum, issues being discussed at School Council and the training of pupils. We will also seek pupils' views about our approach, curriculum and promoting school mental health activities.
6. At least once a year there will be a **Wellbeing week** in school, culminating in Fit Friday.
7. We want all staff to be confident in their knowledge of mental and wellbeing and to be able to promote positive mental health and wellbeing, identify needs and know what to do/where to get help. **Each year, relevant training and support** will be provided to every member of staff.
8. Supporting and promoting the mental health and wellbeing of staff is an essential component of a healthy school. **Various resources and support materials will be available in the staff room.** Staff will also have access to the School's/LA counselling service.
9. **Staff and Pupil 'Healthy Mind Champions' will be designated each year.** The role will be to promote positive mental health and wellbeing throughout the school community.
10. Support will be provided to parents via the provision of relevant information on the **school website**. This will **signpost parents** how they can support their child's mental health and where to go for help and support.

*For further information and advice contact **Sue Gledhill/Progress Leaders**.*