



# **Boroughbridge High School**

## **Positive Mental Health Policy**

Policy last reviewed	
Policy ratified by the Federation Governing Board	March 2022
Next policy review due	March 2023
Due for review by Governors	March 2023
Staff Lead	Associate Assistant Headteacher (Student Experience & Welfare)

### **Significant Revisions Since Last Review**

New Policy

This policy has been written in conjunction with the school's child protection and safeguarding policy. The policy is for staff, pupils, governors, parents, carers and professionals involved in developing positive mental health and wellbeing for all.

*Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. (World Health Organisation)*

Boroughbridge High School is committed to supporting and promoting positive mental health for every member of our staff and student body. We aim to use universal, whole school approaches and specialised targeted approaches aimed at vulnerable students. In addition to promoting positive mental health we aim to recognise and respond to mental ill health. With the development and implementation of practical, relevant and effective mental health policies and procedures we can promote a safe and stable environment for students affected both directly and indirectly by mental ill health.

At Boroughbridge High School we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the approach that positive mental health is everyone's business and that we all have a role to play.

#### **Policy Aims:**

- Help comprehend emotions and feelings
- Promote positive mental health in all staff and students
- Increased understanding and awareness of common mental health issues
- Create an environment that is comfortable for sharing concerns or worries
- Provide support for those suffering or those support those with mental ill health
- Develop emotional resilience and to manage setbacks

#### **Promotion of a mentally healthy environment:**

- Promote school values and encouraging a sense of belonging
- Promoting student and staff voice along with opportunities to participate in decision making
- Celebrate academic and non-academic achievements
- Providing opportunities through education and environment to develop a sense of worth
- Providing opportunities to reflect
- Access to appropriate support

#### **Aims are pursued through:**

- Universal and whole school approaches
- Support for pupils going through recent difficulties
- Referrals to specialised and targeted support for those with more complex or long-term difficulties
- Individual care plans in conjunction with external agencies
- Support sourced in conjunction with medical and SEND needs

#### **Lead Members of Staff:**

- Tammy Godsell-Wright – Associate Assistant Head, Designated Safeguarding Lead and Senior Mental Health Lead
- Rob Grierson – Deputy Head and Deputy Safeguarding Lead
- Pastoral Team
- SEN Team
- NHS Wellbeing In Mind Team

#### **Teaching and managing Mental Health:**

All staff will receive regular training and updates around promotion of positive mental health, recognising mental health indicators, along with specific training for staff members who are supporting directly with those who are experiencing vulnerabilities. Staff will have support and signposting in their own mental health and wellbeing.

The skills, knowledge and understanding needed by our students to keep themselves and others physically and mentally healthy and safe are included as part of our comprehensive PSHE curriculum and tutor programmes of activities. The curriculum is spiralled so that it ensures to cover all aspects but is targeted and age specific.

Teaching and training includes signposting to relevant services and sources of support within the school and the local community. Signposting of services can also be located on the school's wellbeing and safeguarding pages.

Any disclosures that are made must be reported in accordance with the child protection and safeguarding policy and procedures. When disclosures are made we must be honest around confidentiality as no adult can guarantee confidentiality and we must be clear in how we will proceed with disclosures:

- Who are we going to talk to
- What are we going to tell them
- Why we need to tell them

### **Warning Signs:**

School staff receive training on warning signs. The warning signs are taken seriously and reported and communicated to the lead members of staff.

### **Possible warning signs:**

- Physical signs of harm that are repeated or appear non-accidental
- Changes in eating
- Increased isolation from friends or family, becoming socially withdrawn
- Changes in activities or mood
- Lowering of academic achievement
- Talking or joking about self-harm or suicide
- Abusing drugs or alcohol
- Expressing feelings of failure, uselessness or loss of hope
- Changes in clothing
- Secretive behaviour
- Skipping PE or getting changed secretly
- Lateness to or absence from school
- Repeated physical pain or nausea with no evident causes
- An increase in lateness or absenteeism
- Family circumstances
- Negative behaviour patterns
- Recent bereavement

### **Working with parents/carers:**

Where it is deemed appropriate to inform parents, we need to have a sensitive approach. Before disclosing to parents/carers, we should consider the following questions (this is on a case by case basis):

- Can a meeting face to face be held? (This is preferable)
- Where should the meeting happen? (school, home or neutral)
- Who should be present?
- What are the aims of the meeting?

It is important to remember that this can be a shocking experience for parents and carers to learn about their child's mental health. Give ample time for reflection and provide further direction of support as well as encouraging further contact with school representatives. The meeting should always end with next steps/points of action and a confidential record of the meeting should be kept securely. We will:

- Highlight sources of support available for both young person and parent/carer including the school website and NHS Wellbeing in Mind Team
- Ensure everyone knows who they need to talk to and how to access the service
- Make the policy easily accessible to all

- Share support and promotion of positive mental health through the website, information updates and regular information evenings
- Keep parents and carers informed of mental health topics being covered within students learning along with sharing ideas for extending and exploring the learning at home

**Working with other agencies:**

As part of our targeted support and provision the school will work with other agencies to support the emotional health and wellbeing of all using:

- The Healthy Child Team
- Compass Phoenix
- NHS Wellbeing in Mind Team
- Education Psychology Service
- Medical Education Service
- Behaviour and Attendance Support through Springwell Harrogate (pupil referral unit)
- Paediatricians
- CAMHS (child and adolescent mental health service)
- Wellspring Counselling Service
- Just B Harrogate (Bereavement Support)
- Early Help Assessments (Children and Families Service)
- Therapists
- Young Carers
- Young Minds
- BEAT (Eating Disorders Charity)

Where referrals are made, with the relevant consent, to external services a copy of the referral is kept securely along with the outcomes within the student's individual confidential records.

## Appendices of Support

### Support and contacts



North Yorkshire Safeguarding Children Partnership (NYSCP) undertakes the work of formerly North Yorkshire Children's Trust and North Yorkshire Safeguarding Children Board with the aim to ensure all children in North Yorkshire are safe, happy, healthy and achieving.

<https://safeguardingchildren.co.uk>

01609 535123



We're here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. Samaritans is not only for the moment of crisis, we're taking action to prevent the crisis.

<https://www.samaritans.org>

0845 7909090



Kooth is a free safe and anonymous support for 11-19 year olds online.<https://www.kooth.com>

# YOUNGMINDS

YoungMinds is a national charity committed to improving the mental health of all children and young people. Parent Helpline 0808 8025544 free for mobiles and landlines – Monday to Friday for concerns relating to child/ young person's mental health up to the age of 25.

<https://youngminds.org.uk>

0808 8025544

## childline

ONLINE, ON THE PHONE, ANYTIME

Childline is a private and confidential service for children and young people up to the age of 19. You can contact a Childline counsellor about anything -no problem is too big or too small.

<https://www.childline.org.uk>

0800 11 11



Children's Adolescent Mental Health Service - single point of access for advice and support.

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs>

0300 0134778



A charity specialising in Mental Health. Its website has links to support, information and advice.

<https://mind.org.uk>



A website for young people providing free, confidential drugs information and advice 24 hours a day.

<https://www.talktofrank.com>



Brook provides free and confidential sexual health advice and contraception to young people under the age of 25.

<https://www.brook.org.uk>



Through CEOP you can report online sexual abuse or content.

<https://www.ceop.police.uk/safety-centre>

# NSPCC

The NSPCC helps children who have been abused to rebuild their lives, protect those at risk and find the best ways of preventing abuse from ever happening.

<https://www.nspcc.org.uk>

0808 800 5000



NYAS provides advocacy and legal services to children and young people in North Yorkshire.

<https://www.nyas.net>

0808 808 1001



A useful website for parents and students where you can access advice and information.

<https://www.anti-bullyingalliance.org.uk>



Parents Protect help parents and carers protect children from sexual abuse and exploitation.

<https://www.parentsprotect.co.uk>



**The following website links provide advice and information for parents:**

- <http://www.idas.org.uk> (domestic violence)
- <http://www.ceop.police.uk/> (Online communication and abuse)
- <https://www.thinkuknow.co.uk/parents/> (protecting children on and offline)
- <http://www.nwgnetwork.org/> (tackling child exploitation)
- <http://www.childline.org.uk/Pages/Home.aspx>
- <http://paceuk.info/> (parents against child exploitation)
- <http://www.stop-cse.org/saysomething/> (stop child sexual exploitation)
- <https://www.net-aware.org.uk/> (online safety)
- <https://cyps.northyorks.gov.uk/prevent> or <https://www.nypartnerships.org.uk/prevent> (extremism)
- **North Yorkshire Police Advice for Parents** - Parental controls, setting boundaries, your child's online life
- **Internet Matters** - Helping parents keep their children safe online
- **IWF-Internet Watch Foundation** - Reporting criminal online content including child sexual abuse images Where to go and what to do
- **UK Safer Internet Centre** - Online safety guidance
- **Sexting** - 'So You Got Naked Online' help booklet. Don't panic, things can be done. UK Safer Internet Centre.

## **Staff Support**

### **Health Assured**

Support provided includes: Employee assistance programme, Trauma management and Wellbeing support.

Website = <https://www.healthassured.org/>

Phone Number = **0844 8910356**

### **Education Support**

Support provided is directly aimed at those working within education: can support with working life, stress, depression, anxiety, finances, bereavement, personal life and self care.

Website = <https://www.educationsupport.org.uk/resources/for-individuals/>

Helpline = **08000 562 561**

### **Remploy**

Offers a free and confidential Workplace Mental Health Support Service for anyone absent from work or finding work difficult because of a mental health condition. It aims to help people remain in, or return to, their role.

Website = <https://www.remploy.co.uk/>

### **Mind**

Leading mental health charity that can provide information, guidance and support around your mental health.

Website = <https://www.mind.org.uk/workplace/mental-health-at-work/>

Phone number = **0300 123 3393**

### **Time to Change**

Organisation which is led by Mind and Rethink Mental Illness—funded by comic relief and the national lottery as well as the department for Health and Social Care.

Website = <https://www.time-to-change.org.uk/>

### **Anna Freud**

National centre for children and families which provides information, advice, training and support.

Website = <https://www.annafreud.org/>