

Love Learn & Grow Together



ALIVE

Whole School Approach
to Well-being and
Mental Health Policy

2022-23

Policy statement

At St Teresa of Lisieux Catholic Primary School we are committed to promoting a whole school approach to positive well-being and mental health for all of our children, their families, our staff and governors and our wider parish community.

Through our ALIVE charter, that is embedded in all areas of our school life and curriculum we promote and celebrate the five steps to positive well-being and mental health.



We have a kind, caring and supportive ethos that runs throughout our school that enables us to talk openly about well-being and mental health both individually and in groups. We understand that there are times when we all find life hard and that we need honesty, resilience and additional support to be happy and reach our full potential.

Policy links

Our ALIVE well-being and mental health ethos runs through all policies within our school.

Teaching about Mental Health and creating a positive environment

At our school we take a whole school approach to promoting positive mental health, we believe that it should be a part of all we do through and celebrated through our ALIVE ethos. Our aim is to ensure that all of our children understand the importance of the benefits of our ALIVE charter and reap its rewards, our ALIVE ethos runs through every single lesson we do. Through ALIVE we teach the benefits of being:

- **ACTIVE** through playing nicely and safely!
- Doing your best to **LEARN!**
- **INTERACTING** kindly and thoughtfully!
- **VOLUNTEERING** by being a friend to everyone!
- Understanding your **EMOTIONS** and those of others.
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Through our PSHE curriculum we help teach the skills, knowledge and understanding needed for our children to keep themselves mentally healthy and happy. We use the ROAR project as part of our whole school approach to positive well-being and mental health.

At our school we:

- Create an open and honest environment in which children feel comfortable talking about their emotions and sharing any concerns or worries.
- Promote self-esteem and resilience and give the children confidence to be themselves and celebrate our differences.
- Offer targeted support for children in need of support with their mental health and have a clear pathway for those with complex needs.

- Providing opportunities to develop a sense of self-worth through taking responsibility for themselves and others.
- To help children become resilient learners and celebrate our academic and non-academic achievements.
- Promoting our school values and ethos and encouraging a sense of belonging.
- Promoting pupil voice and promoting opportunities for our children to participate in decision making.
- Create a positive physical environment throughout the school to help enable children to feel safe, comfortable, calm and allow them to flourish.
- Promote positive behavior and enable self-reflection and discussion on our rights and responsibilities.

Recognising signs and symptoms of mental distress

At St Teresa of Lisieux we pride ourselves on the quality of our staffs ability and relationships with the children that allows them to identify changes in well-being and mental health. All of our staff are responsible for reporting our concerns on CPOMS about individual if any warning signs that may include:

- Physical signs of harm
- Becoming more withdrawn or increases isolation
- Changes in activity and mood
- Expressing feelings of being unloved
- Expressing feelings of failure, uselessness or loss of hope
- Changes in eating or sleeping patterns
- Lowering of academic achievement or change of attitude to learning
- Talking about self-harm or suicide
- Lateness or absence from school
- Increased complaining of illness
- Changes in relationships with peers
- Changes in behavior patterns

Also the relationships we form with both children and their parents and carer's allow them to feel comfortable in raising any concerns they have to us. We monitor closely when we know there has been a change of circumstance or a negative trauma in a child's home life such as:

- Bereavement
- Relationship breakdown
- New relationship
- Substance misuse
- Domestic violence
- Physical or mental illness
- Financial problems
- Racist abuse
- Imprisonment of a parent

Targeted Support

We offer support individually or in group settings for those children in need through a referral system that can be accessed through by staff, pupils or parents. The support we offer includes:

- 1-1 support from TA's, TA Mentors and Learning mentor.
- Group support from TA Mentors and Learning Mentor.
- Sensory breaks and sessions.
- Yoga and Mindfulness.

Specialist Services

We engage in numerous projects that benefit mental health such as 'Wilderness Therapy' and 'Nurture Garden' and when need use specialist services to meet the children's mental health needs, they include:

- Mental Health Support Team
- Seedlings Therapy
- School counsellor
- Educational Psychologist
- CAMHS
- Early Help Therapeutic Service
- Social Inclusion

Lead members of Staff

Whilst all members of staff have a responsibility and play an active part in promoting and supporting well-being and mental health, staff with specific responsibilities include:

- Andy Murphy – Senior Mental Health Lead / Learning Mentor
- Katie Warner – Acting Headteacher
- Maria Eves – Named Mental Health Governor
- Dave Seddon – School ALIVE Mental Health Team SLT and phase representative
- Elaine Whitehead – School ALIVE Mental Health Team SEND and phase representative
- Jelena Sloan – School ALIVE Mental Health Team curriculum and phase representative

Working with Parents

- Highlight sources of information and support about mental health and well-being on our school website.
- Ensure that parents are of who to contact if they have concerns about their child and the support and services we offer.

- Share ideas with parents of how they can support positive mental health in their children.
- Keep parents informed about ALIVE activities and mental health topics that are being covered in school.
- **Make our Mental Health and Well-being policy is easily accessible to parents.**

Training

As a minimum, all staff will receive regular training about recognising and responding to mental health needs as part of their regular child protection training to enable them to keep pupils safe.

Training opportunities for staff who require or request further more in-depth training will be supported.

Senior Mental Health Lead will complete government required Whole School Approach training and any other relevant training that becomes available. They will also attend Liverpool WSA termly network meetings.

Policy Review

This policy will be reviewed every two years as a minimum, the next review date will be January 2024.

In between any necessary changes that need to be made will be at the first opportunity.

Note

This policy was co-written by the Y6 ALIVE ROCKET Champions.