

# Ravensworth Terrace Primary School

## Mental Health and Wellbeing Policy



2023- 2025

## **Policy Statement**

At Ravensworth Terrace we are committed to supporting the emotional health and wellbeing of our pupils and staff. Mental health and wellbeing are a core thread running through all school activities. We know that everyone experiences challenges that can make us vulnerable and, at times, in need of additional emotional support.

Our school is a supportive and caring environment in which mental health and wellbeing is talked about openly. We aim to support pupils to problem solve and talk about their concerns, and to provide teaching and learning that will build important life skills, develop resilience, self-regulation, compassion and team work. Above all, we want our pupils to thrive.

We promote a mentally healthy environment through:

Promoting our school values and encouraging a sense of belonging.

Promoting pupil voice and opportunities to participate in decision-making

Celebrating academic and non-academic achievements

Providing opportunities to develop a sense of worth through taking responsibility for themselves and others

Providing opportunities to reflect.

Access to appropriate support that meets their need

## **Support**

We offer different levels of support:

Universal Support– To meet the needs of all our pupils through our overall ethos and our wider curriculum. For instance, our curriculum helps the children to develop a growth mind set which has a positive impact upon their resilience.

Additional support– For those who may have short term needs and those who may have been made vulnerable by experiences such as bereavement.

Targeted support– For pupils who need more differentiated support and resources or specific targeted interventions such as managing strong emotions. This may include a referral to other agencies and professionals.

Our Provision Pyramid (Appendix 1) sets this out in more detail.

We will ensure that staff, pupils and parents are aware of what support is available within our school and how to access further support.

## **Scope**

This policy should be read alongside the following policies: Staff Well-Being, Medical, SEND, Behaviour, Anti-Bullying, PHSE, SMSC and Safeguarding.

### **Lead Members of Staff**

All staff at Ravensworth Terrace Primary School have a responsibility to promote mental health and well-being within the school. We are fully committed to our principles and have a dedicated Mental Health Team within school to ensure they are put into practice and to support both the staff and children. Members of the team are:

Anna Roe, Mental Health Lead, Mental Health First Aider, ELSA, SENDCo, Designated Person for Child Protection

Upper Key Stage 2 Representatives:

Rebecca Iredale, Class Teacher

Lisa Armitage, Teaching Assistant and Lunch Time Play Lead

Lower Key Stage 2 Representatives:

Jessica Antcliffe, Class Teacher

Julie Graham, Mental Health First Aider and Teaching Assistant

Key Stage 1 and EYFS Representatives:

Rachel Phasey, Class Teacher

Sophie Dorner, Class Teacher, Staff Wellbeing Lead

Mandy Linsley, Class Teacher

Marsha Costigan, Teaching Assistant

Michelle Sanderson, Teaching Assistant and Lunch Time Supervisor

### **Teaching about Mental Health**

The skills knowledge and understanding needed by pupils to keep themselves mentally healthy and safe are taught through discreet subjects such as PSHE, embedded through the application of whole school programs such as The Zones of Regulations and reinforced through the continual provision provided within our school. Our Provision Pyramid (Appendix 1) sets this out in more detail.

### **Identifying Needs**

All staff have the responsibility to alert others to signs of potential indicators of mental health needs. This can be identified within the following areas:

Attendance/Punctuality

Relationships

Readiness to learn

Physical & Health Indicators

Behaviour Indicators

Family Circumstances

Recent Bereavement

Possible warning signs may include:

Changing in eating/sleeping

Becoming socially withdrawn

Changes in activity and mood

Talking or joking about self-harm or suicide

Displaying a lack of perseverance, expressing feelings of failure, uselessness or loss of hope

Repeated physical pain or nausea without any evident cause

Any warning signs which indicate a pupil may be experiencing a mental health or emotional well-being problem will always be taken seriously and reported to the appropriate person(s) within school. This may be the Mental Health Lead or another Designated Child Protection and Safeguarding Officer, all of which are members of the Senior Leadership Team. Concerns will also be recorded via CPOMS.

### **Confidentiality**

All staff will observe the principles of confidentiality and data protection in respect of mental health and emotional well-being.

### **Parents**

In order to support parents we will:

- Highlight sources of information and support about mental health and emotional wellbeing on our school website
- Ensure that all parents are aware of who to talk to if they have concerns about their child.
- Share ideas about how parents can support positive mental health in their children.
- Keep parents informed about the mental health topics their children are learning about in PSHE and share ideas for extending and exploring this learning at home.
- Hold half termly drop in sessions organized by the Mental Health Team.

### **Other Agencies/Partners**

As part of our targeted provision the school will work with other agencies to support children's emotional health and wellbeing including, but not limited to:

The School Nurse

Educational Psychology Services

Primary Behaviour Support

Children and Young-People's Mental Health Service (CYPS)

Family support workers (Early Help Service)

Therapists providing services such as Relax Kids and Theraplay  
Social Workers

### **Training**

As a minimum, all staff receive regular training about recognizing and responding to mental health issues as part of their regular child protection training in order to enable them to keep pupils safe.

Training opportunities for staff who require more in-depth knowledge will be considered as part of our performance management process and additional CPD will be supported throughout the year where it becomes appropriate due to developing situations with one or more pupils.

All staff have access to training provided by the Fair Access Panel (FAP) and the Mental Health Lead regularly updates staff on other training and resources provided by online providers and organisations such as "Place2B".

### **Research**

In order to continually improve our offer to both our pupils and community we will take part in any appropriate research that is offered to us. Previous opportunities, such as Relaxation Techniques (Anna Freud Centre), have been extremely beneficial to our school, pupils and staff.

**The Mental Health Lead, Ms Roe, can be contacted by emailing or by telephoning the school.**

**Telephone: 0191 4334200**

**Email: [ravensworthterraceprimaryschool@gateshead.gov.uk](mailto:ravensworthterraceprimaryschool@gateshead.gov.uk)**

**Date of Implementation: November 2023**

**Policy will be reviewed November 2025 unless changes need to be addressed earlier.**

