




# Official Policy

## Student Wellbeing Policy

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<b>Governor Committee:</b>	Curriculum and Quality Assurance Committee	
<b>Approved by:</b>	Mr M Ainley Chair of Governors	Signature: 
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Hard copies of all policies are available free of charge, upon request. Please contact the school office to order copies.

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## **Student Wellbeing Policy**

### **1. Background**

At Withernsea High School we aim to promote positive mental health and emotional wellbeing for all students. We pursue this aim using a mixture of whole school approaches and specialised interventions from partner agencies.

We recognise that every student has the right to positive mental health and emotional wellbeing and we aim to recognise and respond to any concerns in a timely manner.

As a school, we aim to make a positive impact on the mental health and wellbeing of our students, as well as building resilience and reducing stigma around mental health. We pride ourselves on giving our students opportunities to express their emotions in a supportive environment and to feel listened to, no matter what their concerns.

- 1.1 This policy is intended as guidance for all staff and Governors as well as parents/carers.
- 1.2 This policy should be read in conjunction with our Child Protection and Safeguarding Policy in cases where a student's mental health and wellbeing overlap with or is linked to a CP issue, and the SEND Policy where a student has an identified special educational need.
- 1.3 This policy aims to:
  - Raise the profile of the importance of positive mental health and wellbeing for all staff, students and parents/carers
  - Alert staff to early warning signs of mental ill health in students
  - Provide support and guidance to staff working with students who may have mental health issues
  - Provide support to students suffering mental health issues and their parents/carers.

### **2. Lead Members of Staff**

- Headteacher
  - Deputy Headteacher/Inclusion
  - School Business Manager/HR
  - Designated Safeguarding Lead/Mental Health Lead
  - SENCO
  - CLA Coordinator
  - Parent Support Advisor
- 2.1 Any member of staff who is concerned about the mental health or wellbeing of a student should record their concerns on CPOMS.
  - 2.2 If there is a concern that a student is at risk of immediate harm, then the usual Child Protection procedures should be followed with an immediate referral to DSL/DDSL in person as well as documenting on CPOMS.

- 2.3 If any student presents with a medical emergency, then the normal procedures for medical emergencies should be followed, including alerting First Aid staff, contacting emergency services and contacting the student's parent/carer.
- 2.4 When a referral to Child and Adolescent Mental Health Services (CAMHS), or the crisis team, is appropriate, this will be managed by Mrs Claire Tomes. Details about CAMHS can be found in Appendix A.
- 2.5 If a student is threatening to take their own life and their safety cannot be guaranteed within school, an immediate 999 call should be made, and parents informed without delay.

### **3. Supporting staff awareness of mental health and emotional wellbeing**

- 3.1 All staff will receive regular training about recognising and responding to mental health and emotional wellbeing as part of their child protection training and updates.
- 3.2 Training opportunities for staff who require more in-depth knowledge, will be considered as part of PMR. Additional CPD will be supported where appropriate.
- 3.3 Suggestions for individual, group or whole school CPD should be discussed with the mental health lead or HR.

### **4. Mental Health in the curriculum**

- 4.1 Awareness of mental health and emotional wellbeing is included as part of our PD curriculum and assembly programme.
- 4.2 The PD curriculum incorporates statutory relationships and sex education and a specific strand for Health and Wellbeing. This will be delivered by a specialist teacher in year group, age appropriate classes.
- 4.3 We will have workshops and off timetable activities delivered by outside agencies, dedicated to awareness of mental health and emotional wellbeing. For example, the Mental Health Support Team who deliver a "Managing Worries" assembly to Year 7's, and Exam Stress workshops for Year 11.

### **5. Signposting**

- 5.1 Staff, students and parents/carers are aware of sources of support within school and in the wider community. This information is outlined in Appendix B and in the Wellbeing section of the school website.
- 5.2 Support resources will be displayed in Heads of Year offices, Student Reception, Flexible Provision, and the school website.

## **6. Recognising Warning Signs**

6.1 Staff may become aware of warning signs which indicate a student is experiencing mental health or emotional wellbeing issues. These warning signs should always be taken seriously and recorded on CPOMS.

6.2 Possible warning signs include:

- Signs of self-inflicted harm
- Changes to eating habits
- Becoming more withdrawn
- Changes in mood/behaviour
- Lowering of academic achievement
- Suicidal thoughts or ideation
- Substance misuse
- Lateness or absence from school
- Frequent vague medical symptoms such as headaches/nausea/stomach pain
- Loss of motivation or interest
- Lowering of personal hygiene standards.

## **7. Managing disclosures**

7.1 A student may choose to disclose concerns about themselves or another student to a member of staff, so all staff need to know how to respond appropriately.

7.2 The staff member should respond in a calm, supportive and non-judgemental way.

7.3 Staff should listen rather than advise and the priority should always be the student's emotional and physical safety in the first instance. For further guidance see Appendix C.

7.4 All disclosures should be recorded on CPOMS.

## **8. Confidentiality**

8.1 Staff should always inform the student that they may not be able to keep the disclosure confidential as the student has to be kept safe. If it is necessary to pass on the concerns, the student should be informed of who will be notified and why.

8.2 Ideally, we would request a student's consent to share information but if the disclosure indicates that the student or another person is at risk of harm, consent is overridden.

8.3 If any staff member is upset about a student disclosure, it is advisable to record the matter on CPOMS and then seek advice from the mental health lead, DSL or DDSL. This also safeguards the emotional wellbeing of the staff member as they are no longer solely responsible for the student's mental health and wellbeing.

8.4 Parents/carers must always be informed if a student is at risk of harm or has been harmed as a result of a mental health issue immediately without delay.

8.5 All concerns relating to mental health and emotional wellbeing will be discussed with parents in a timely manner, except where we believe there may be a child protection issue underlying. In such a case, the DSL/DDSL will take advice from SaPH before proceeding with parent/carer contact.

## **9. Risk Assessments**

9.1 It may be necessary to draw up a risk assessment for a student causing concern or who receive a diagnosis pertaining to their mental health.

9.2 The risk assessment should include:

- Details of the concern or diagnosis
- Special requirements and precautions
- Level of risk to self and others
- Medication needed.
- Who to contact in an emergency?
- Preventative measures
- Review dates.

## **10. Supporting Parents**

10.1 Where it is appropriate to inform parents, we will be sensitive in our approach and where possible we will aim to meet with parents/carers, student, and relevant members of staff, both from within school and from partner agencies.

10.2 We will signpost to partner agencies where appropriate and offer parents/carers various choices to support the student within school.

10.3 We will always follow up with parents/carers to track support and progress throughout the period of support. All meetings and contact with parents/carers should be recorded on CPOMS.

**CAMHS referral process (via Contact point)**

- For non-urgent referrals, call 01482 303688 – Contact point. Seek parental consent before referring.
- For urgent or emergency cases, contact CAMHS crisis team on 01482 **301701**
- For advice and guidance on referrals, contact Hull and East Riding CAMHS contact point on **01482 303688**

**Support Services**

- Therapeutic Intervention (in-house)
- CAMHS – see Appendix A
- Family Help support service – bi-weekly drop in within school
- NHS Social Prescribing – (In house referral)
- NHS Mental Health Support Team – (in house referral)
- School nursing Team - **(01482) 344455**
- Chathealth confidential text service – **07507332891**
- Dove House Bereavement Support – (in house referral)
- Children’s social care – **01482 395500**
- HEY Mind - **www.hey mind.org.uk**
- Childline - **www.childline.org.uk**
- LGBTQ+ - **positive.identities@barnardos.org.uk**
- GP - South Holderness Medical Practice **01964 613221**
- Accident and Emergency Department at Hull Royal Infirmary - **999**

**Recording/Reporting process**

- Record student disclosures on CPOMS as soon as possible
- Classify as a cause for concern
- If further discussion or guidance is needed, speak to the DSL/DDSL or mental health lead
- When talking to a student remember to respond calmly
- Use active listening techniques such as open body language, eye contact, and a neutral facial expression
- Use TED questions (Tell, Explain, Describe) to explore the student's thoughts and feelings
- Do not promise secrecy and clearly state why you may need to pass the information on.