



At Grange view we let our light shine, always sparkle and strive to achieve our God given potential.

Let your light shine brightly before others.

Matthew 5:16

Our Ethos

The children are living a Christian life where they aim to flourish and thrive, thinking about our core Christian Values; Friendship, Trust, Forgiveness, Respect and Wisdom to become lifelong learners.

Our Aims

- To provide a stimulating and secure environment, inclusive of children from all faiths and cultures.
- To provide an engaging, meaningful and relevant curriculum that equips all learners with the necessary skills for their educational journey.
- To value all individuals and support them to reach full potential and create an atmosphere of equal opportunity where expectations are high.
- To grow caring citizens who value the world we live in and celebrate moments of awe and wonder.
- To offer opportunities for collective reflections and inspire spiritual development that shape daily lives.
- To help the children to form values which will allow them to make moral choices throughout their lives, not just during their school years.
- To work in partnership between home, school, church and the wider community.

Grange View C.E First School

Mental Health and Wellbeing Policy

February 2024

Date prepared: February 2024

Date to be reviewed: February 2026

This policy was written in consultation with staff, pupils, parents and professionals involved in mental health and wellbeing.

The RSE government guidance states that:

“Teaching about mental wellbeing is central..., especially as a priority for parents is their children’s happiness. We know that children and young people are increasingly experiencing challenges, and that young people are at particular risk of feeling lonely. The new subject content will give them the knowledge and capability to take care of themselves and receive support if problems arise.”

Policy Statement

At Grange View First School we are committed to supporting the emotional health and wellbeing of our pupils and staff to allow them to flourish. We have a supportive and caring ethos that values all of our stakeholders. Within our school we know that everyone experiences life challenges that can make us vulnerable and at times, anybody could need additional emotional support. We know that positive mental health is at the core of supporting our children to thrive.

At our school we:

- Help children to understand their emotions and feelings better
- Help children feel comfortable in sharing any concerns or worries
- Help children socially to form and maintain relationships
- Promote self esteem and ensure children know that they count
- Encourage children to be confident and ‘dare to be different’
- Help children to develop emotional resilience and to manage setbacks

We promote a mentally healthy environment through:

- Promoting our core values and encouraging a sense of belonging
- Promoting pupil voice and opportunities to participate in decision-making
- Celebrating all achievements
- Providing opportunities to reflect
- Encouraging pupils and staff (where appropriate) to be open about their emotions

Scope

This policy should be read in conjunction with our Dealing with Pupils with Medical Conditions and our SEND policy in cases where pupils mental health needs overlap with these. This policy should also be read in conjunction with policies for Behaviour and Anti-bullying, and PSHE and SMSC policies. It should also sit alongside child protection procedures.

Lead Members of Staff

Whilst all staff have a responsibility to promote the mental health of students, these staff have specific training or roles within Grange View:

Louise Laskey – Designated child protection / safeguarding officer

Lauren Chapman – Designated child protection / safeguarding officer

Olivia Timmins – Senior mental health lead

Teaching about Mental Health

The skills, knowledge and understanding needed by our students to keep themselves mentally healthy and safe are included as part of our recently developed PSHE curriculum.

The specific content of lessons will be determined by the specific needs of the cohort we're teaching but we will also use the PSHE Association Guidance to ensure that we teach mental health and emotional wellbeing issues in a safe and sensitive manner. We also celebrate Children's Mental Health week to promote mental health and wellbeing in school.

Targeted support

The school will offer support through targeted approaches for individual pupils or groups of pupils which may include:

- Thrive
- Circle time approaches or 'circle solutions' activities.
- Targeted use of SEAL resources.
- Therapeutic activities including art, Lego and relaxation and mindfulness techniques.

Signposting

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

Identifying needs and Warning Signs

At Grange View we would monitor for any identifiers or warning signs that would point to possible difficulties:

- Attendance
- Punctuality
- Relationships

- Approach to learning
- Physical indicators
- Negative behaviour patterns
- Family circumstances
- Recent bereavement
- Health indicators

School staff may also 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 staff observing any of these warning signs should communicate their concerns with the designated child protection and safeguarding officer or the emotional wellbeing lead as appropriate. These concerns would also be recorded on CPOMs.

Possible warning signs include:

- Changes in eating / sleeping habits
- Becoming socially withdrawn
- Changes in activity and mood
- Talking or joking about self-harm or suicide
- Expressing feelings of failure, uselessness or loss of hope
- Repeated physical pain or nausea with no evident cause
- An increase in lateness or absenteeism

Working with Parents and Carers

In order to support parents and carers 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, and how to get about this, if they have concerns about their child.
- Make our emotional wellbeing and mental health policy easily accessible to parents
- 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.

Working with other agencies and partners

As part of our targeted provision the school will work with other agencies to support children's emotional health and wellbeing including:

- Early Help
- CYPS
- Counselling services

- Health visitors
- School Health
- Primary Mental Health Team
- Voluntary Sector