

Fiveways School

Pupils Mental Health & Awareness Policy



Policy Review

Review Cycle	Date of Current Policy	Author(s) of Current Policy	Review Date
3 Yearly	December 2022	James Holgate	2025

Policy Ratification

Role	Name	Signature	Date
Chair of Governors	Malcolm Gulliver		9/12/22
Head Teacher	Swavek Nowakiewicz		8/12/22

Details of Policy Updates

Date	Details
02.12.22	New policy

Index

Safeguarding	P1
Aims	P1
Approach	P1
3 Pillars to Wellbeing	P2

This policy should be read in conjunction with:

- Behaviour and Physical Support Policy
- Safeguarding and Child Protection Policy
- RHSE Policy

Safeguarding

Fiveways School adopts a rigorous approach and is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Aims

Create a happy and secure learning environment rich in stimulation and challenge.

- Ensure all members of the school community can grow in self-esteem and develop to their full potential.
- Provide developmentally related experiences responding to pupils' individual needs.
- Provide pupils with an education appropriate to the world beyond the classroom.
- Develop pupils' communication and interaction skills enabling them to make positive relationships and decisions, and giving them more control over their lives.

Approach

Our curriculum principles of intent (found within our Curriculum policy) directly support positive mental health and our staff team strive to support pupils' wellbeing on a daily basis through a holistic approach which centres itself on each and every pupil as a valued individual within the community. This notion is further fostered within the RHSE policy which maintains a relationships and health focus throughout the key stages (relationships being the cornerstone of positive mental health).

Mental Health is recognised within all EHCP's and is reviewed formally on a regular basis together with the pupil, parents and other professionals to ensure a consistent and best informed approach.

Where mental health needs are recognised the SEMH Framework is used by class teams to support the development of meaningful learning goals which work towards developing positive mental health approaches which will be evident within a given pupil's Personal Learning Goals under the heading 'Myself and Others' and 'Communication' where applicable. This focussed approach will provide the most appropriate support to ensure the greatest positive impact.

In order for support to be delivered consistently, class teams, in conjunction with parents and, wherever possible, other professionals will draw together a Learning Support Plan to outline specific and individualised interventions and approaches to enable positive developments. Initially, these will be outlined through the 'Proactive strategies to Support me' section and, thereafter, the 'Behaviours that challenge us' section.

Fiveways recognises the 3 Pillars to Wellbeing

Belonging

Feeling valued and being appreciated builds self-worth. Everyone within the Fiveways community holds equal value and their contribution recognised and celebrated. We work to ensure everyone's voice is heard across our community. Everyone is invested in the wellbeing of all.

Relationships

Establishing, building and maintaining trusted relationships sits at the forefront of developing skills in reflection and resilience and, as such, staff across the school seek to develop rapport and trust with pupils, parents, carers, professionals and one another.

Lifestyle

Developing healthy routines enables an individual to feel well and be in a place to learn. Through our holistic approach to education, Fiveways ensures pupils benefit from support in establishing a healthy diet, developing regular physical activity and, through partnership with parents/ carers and professionals, supports healthy sleep routines.

Additional support for mental health

Where the staff community notice any changes in a pupil's mental health, they will report this in conjunction with the Safeguarding Policy.

The school will actively seek to work with parents/carers and other professionals to support mental health through a staged approach;

1. Teacher and PFSA support
2. Teacher, PFSA and Mental Health Lead support
3. Referral via EHA to service in collaboration with parent / carer

Online support for parents

Somerset has platforms for supporting mental health needs which can be readily accessed

https://www.cypsomersethealth.org/supporting_parents_online

<https://www.somersetbigtent.org.uk/sbt-services/>