



# PROMOTING POSITIVE MENTAL HEALTH POLICY

## Corsham Regis Primary Academy

**Date: September 2018**

**Date of next review: February 2020**

### **Mission Statement**

We promote a caring, supportive environment in which each individual is valued and respected. We have high expectations for all and aspire to achieve excellence. Corsham Regis Primary Academy recognises that all children and young people need the foundation of positive mental health to benefit fully from all of the opportunities available to them.

Everyone experiences life challenges that can make us vulnerable. At times, anyone may need additional support to maintain or develop good mental health.

- 1 in 10 children and young people aged 1 – 15 years have a clinically recognisable mental disorder in any one year
- 1 in 4 adults will experience mental health difficulties; at least half of these difficulties can be traced back to childhood

### **Risk factors**

Research by the Mental Health Foundation has identified certain risk factors which make some children and young people more likely to experience problems than their peers. These include:

- Having a long term physical illness
- Having a parent with mental health issues, problems with alcohol or who has been in trouble with the law
- Experiencing the death of someone close to them
- Having parents who separate or divorce
- Having been physically, emotionally or sexually abused
- Living in poverty or being homeless
- Experiencing discrimination, perhaps because of race, sexuality or religion
- Acting as a carer for a relative
- Having long-standing educational difficulties
- Living in residential care
- the absence of a father or a significant male attachment figure for boys

The mental health of children and young people, adults in the academy, parents and carers and the wider whole school community will impact on all areas of development, learning, achievement and experiences.

All children and young people have the right to be educated in an environment that supports and promotes positive mental health for everybody. All adults have the right to work in an environment that supports and promotes positive mental health for everybody.

Corsham Regis Primary Academy recognises these needs and rights. All the adults working in the academy are committed to raising awareness, increasing understanding and making a difference by providing a place where all children and young people feel safe, secure and able to achieve and experience success and well-being.

Corsham Regis Primary Academy offers a learning environment that promotes and enhances positive mental health. A consistent approach means that the academy environment and academy ethos both promote the mental health of the Corsham Regis community.

Healthy relationships underpin positive mental health and have a significant impact.

At Corsham Regis Primary Academy the lead person for mental health promotion is Mrs Sarah Harris.

### **At Corsham Regis there is a mentally healthy environment**

where children and young people:

- Have opportunities to participate in activities that encourage belonging
- Have opportunities to participate in decision making
- Have opportunities to celebrate academic and non-academic achievements
- Have their unique talents and abilities identified and developed
- Have opportunities to develop a sense of worth through taking responsibility for themselves and others
- Have opportunities to reflect
- Have access to appropriate support that meets their needs
- Have an environment that is safe, clean, attractive and well cared for
- Are taught about the language and nature of anxiety
- Are exposed to a consistent whole school approach which recognises anxiety
- Are taught strategies to help them cope with anxiety and stressful situations (E.g breathing and distraction techniques)
- Are surrounded by adults who model positive and appropriate behaviours, and interactions at all times
- Are exposed to a wide range of up-to-date high quality resources and support such as:
  - Worry Monsters
  - Learn4Life-Healthy Body, Healthy Mind
  - Circle time
  - Targeted ELSA Support
  - Mindfulness Techniques

Links to online resources:

<https://www.cwmt.org.uk>

<https://www.oxfordhealth.nhs.uk/children-and-young-people/south-west/primary-school-resource-pack/>

<https://mindup.org>

<https://mindfulnessinschools.org>

<https://www.encourageplay.com/blog/playful-ways-to-teach-deep-breathing>

### **At Corsham Regis there is a mentally healthy environment**

where staff:

- Have their individual needs recognised and responded to in a holistic way
- Have a range of strategies that support their mental health, including:
  - Line managers to speak to
  - Named persons to speak to (S.Harris/G. McCrum)
  - SLT make themselves available to all staff at earliest possible convenience to discuss matters affecting their mental well being
  - Staff questionnaires and follow up
  - Ideas box in the staffroom
- Value strong working relationships
- Have recognition of their work-life balance
- Have the mental health and well-being of the staff reviewed regularly
- Feel valued and have opportunities to contribute to decision making processes
- Celebrate and recognise success
- Are able to carry out roles and responsibilities effectively
- Are provided with opportunities for CPD both personally and professionally
- Have their unique talents and skills recognised and opportunities are provided for development
- Have time to reflect
- Can access proactive strategies and systems to support them at times of emotional needs in both the short term and the long term

### **At Corsham Regis there is a mentally healthy environment**

where parents/carers:

- Are recognised for their significant contribution to children and young people's mental health
- Are welcomed, included and work in partnership with the academy
- Are provided with opportunities where they can ask for help when needed
- Are signposted to appropriate agencies for support
- Are clear about their roles and expectations of their responsibilities in working in partnership with the academy
- Have their opinions sought and valued and responded to
- Have their strengths and difficulties recognised, acknowledged and challenged appropriately

### **At Corsham Regis there is a mentally healthy environment**

where the whole school community:

- Is involved in promoting positive mental health

- Is valued for the role it plays in promoting positive mental health
- Contributes towards the ethos of the academy

At Corsham Regis Primary Academy we pride ourselves on the opportunities we provide to promote positive mental health for everybody, adults and children alike. Our Healthy Schools commitment highlights our emphasis on teaching our pupils the importance of a healthy body and a healthy mind.

Opportunities arise from our Learn 4 Life curriculum, creative play, nurture group setting, differentiated learning activities, individual timetables, Class Circle-times, and Eco, School & Class Councils which all support our drive to raise awareness of Social, Emotional and Mental well-being. In recognition of our commitment to mental well-being we are currently working towards renewing our Healthy Schools Award.

Our range of lunch-time and after school clubs, as well as our Behaviour and Anti-bullying policy all support and have a positive effect on the mental well-being of our children. Golden Time strengthens relationships and provides different ways of working and involves the wider community.

The carefully planned curriculum delivered in school has a huge impact on positive mental health. The nurturing environment of our academy, timetabled support for children with additional needs, interventions in place all contribute to mental well-being.

We place a high emphasis on the importance of physical activity and exercise in promoting mental health. Alongside a full and enriching PE curriculum we also promote daily physical activity breaks and active playtimes. Play leaders are used to encourage team-games and healthy competitions at lunchtimes.

A variety of sports clubs run throughout the year to promote physical and mental well-being.

The implementation of the policy for promoting positive mental health at Corsham Regis Primary Academy:

- Should underpin all policies and practices currently used
- Will raise awareness as to how the whole school community can look after its own mental health and that of others
- Will help to de-stigmatise mental health
- Will support people and provide opportunities that enable everyone to reach their potential
- Will provide foundations for life-long learning
- Will promote and strengthen resilience throughout the whole school community and empower everyone to face life's challenges

This policy is a working document which promotes positive mental health and must be reviewed every two years.

## **Measuring Impact**

This policy offers opportunities to measure the impact in a variety of ways:

- Academy policies
- The academy's ethos
- Child/Staff/Volunteer well being
- Staff/SLT/Governor/class and School Council meetings
- Feedback from the Corsham Regis community via questionnaires and verbally, formally and informally
- The number of external referrals, CAMHS, Health Service, Social Care
- Training and development internally and externally
- Induction and professional development of Staff and Volunteers

## **The promotion of positive mental health for children and young people is everyone's business**

References:

- Children's Health: A Guide Fundamental Health Local Government Information Unit (LGIU) 2007
- Bright Futures: Promoting children and young people's mental health, Mental Health Foundation
- Article 28, 29, 30 and 31 United Nations Convention on the Rights of the Child

September 2015

Read in conjunction with:

School Development Plan

Behaviour Policy – Attitude and Behaviour

Child Protection Procedures

Staff Wellbeing Policy

Equality Scheme