

Mental Health and Wellbeing

For Pupils

Mytham Primary School



Mental Health & Well-Being Policy

You may wish to also refer to:

Safeguarding & Child Protection Policy

Anti-Bullying Policy

Behaviour & Relationships Policy

RSE Policy

Transition Policy

Defining Mental Health

Mental health and wellbeing: *'... a state of well-being in which every individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community'* (World Health Organisation)

Mental health and well-being is not just the absence of mental health problems. We want all children/young people to

- feel confident in themselves
- be able to express a range of emotions appropriately
- be able to make and maintain positive relationships with others
- cope with the stresses of everyday life
- manage times of stress and be able to deal with change
- learn and achieve

Introduction

At Mytham, we aim to promote positive mental health and well-being for our whole school community; pupils, staff, parents and carers, and recognise how important mental health and emotional well-being is to our lives in just the same way as physical health. We recognise that children's mental health is a crucial factor in their overall well-being and can affect their learning and achievement.

Persistent poor mental health and general wellbeing can impact on children's happiness and engagement in school, and of course pupil academic outcomes and progress. The Department for Education (DfE) recognises that: "in order to help their pupils succeed; schools have a role to play in supporting them to be resilient and mentally healthy".

Mytham is a safe place for all pupils, and our aim is to nurture the mental health and general wellbeing needs of all of our children. Our whole school ethos, staff team and school curriculum offer ensure that this is a priority. Our whole school offer supports all pupils to develop awareness of the importance of looking after your mental health and wellbeing, as well as what to do/ where to get support whenever this may be needed.



The 'Mytham Way' emphasises the importance that 'kindness' and 'respect' can have; both for ourselves, but also everyone around us. We also recognise that there will be times where things are challenging for our pupils; either at home in their personal lives, or whilst at school, and resilience plays a key part in our ability to look changes and plans that can help us to feel better.

This underpins all of our mental health and wellbeing work at Mytham, helping us to be, and to feel, the very best that we possibly can.



Safeguarding

Mytham fully recognises the contribution it can make to protect children and support pupils in school and beyond. We are fully committed to safeguarding our pupils through prevention, protection and support. All practices and approaches at Mytham are underpinned by our desire to safeguard our children. Please see our school safeguarding policy for more information.

Inclusive Practice

Mytham ensures that our school is fully inclusive, taking account of children's cultural, religious, educational and social needs. We know children need to feel secure, safe, heard and seen. These are critical to each and every child's wellbeing. Find out more by visiting the 'School Information' page on our school website. Here you will find our SEND policy, our commitment to Equality, and other key school information. You can also visit our school 'Wellbeing' page on our school website to see what this looks like at Mytham.

A Whole School Approach to Supporting Mental Health & Wellbeing

We ensure mental health and general wellbeing are part of our school ethos and overall offer by:

- Creating and applying policies which support and promote positive mental health and wellbeing across our school.
- A progressive and carefully sequenced Personal Development curriculum which places focus on educating all children on how we can promote positive mental health and general wellbeing (visit our school website's 'Personal Development' curriculum page for more information)

- Our mental health offer is underpinned by the NHS '5 Ways to Well Being'



- Robust safeguarding practices, with a designated safeguarding lead and two DSLs.
- A pastoral team who focus on direct work with pupils and provide wider family support.
- A senior mental health lead and trained staff mental health champions across the school
- Working with the Mental Health in Schools Team (MHST) to provide whole school and targeted support to children and families.
- Supporting and promoting the Rights of the Child and protected characteristics throughout the whole school.



- A robust transition policy & approaches to support pupil wellbeing at times of change during the academic year.
- Helping children to develop social relationships, support each other and seek help when they need it. Teachers, the pastoral team and play leaders/ wellbeing ambassadors work together to achieve this throughout the school day
- Strong parent partnership to improve the emotional and mental health outcomes for all of our children.

- Supporting families in a wide variety of ways, including external agency support, signposting and parent/ carer workshops.

- A strong preventative offer which includes staff CPD in spotting early signs of poor mental health and what we can do to help.

- Developing the roles of pupil leaders in Y5 & Y6 as 'wellbeing ambassadors', 'class buddies' and 'play leaders'. These pupils are trained to spot signs of bullying, support friendships and develop play skills between the children in EYFS, KS1 & LKS2.

- Staff support children to be resilient learners and to manage setbacks during lessons and wider school life.

- We support our children to develop a 'growth mind-set' and manage self-limiting beliefs.

- Whole school events are planned to raise the profile of mental health and wellbeing, such as 'Mental Health week'. 'Safety Week' and 'Get Fit Feb'.

- Setting aspirations high for pupils by learning about successful and inspirational people from around the world.



- Our PE curriculum and sports clubs encourage all pupils to be active, enjoy sports/ dance and take part in wider curriculum activities.



- Whole school and key stage assemblies which explore themes such as mental health, neurodiversity and wellbeing.

- Valuing the importance of a healthy and varied diet, which we explore and encourage during Science and DT, but also through day to day life in our choice of snacks and lunches and whole school initiatives e.g healthy snack swaps

- Effective multiagency working with charities such as Barnardos, and other bodies such as Fortalice, BSS and the school nursing team.

- The school 'Chill Zone' is open daily to enable targeted support to reach pupils who really need it during lunch break. This could include children experiencing low mood or feelings of anxiety, bereavement/ loss or difficulties with family or friends.



- Community links - Cluster school projects such as the 'Little Lever children Love Little Lever' project.
- A school website with dedicated wellbeing section to support parents and carers
- A busy school community with lots of opportunities for children to take part in a wide variety of experiences, trips, clubs and activities.



Early Help

Mytham recognise that sometimes our children, and their families, require targeted support or external support. This can be for a wide variety of reasons, including emerging mental health needs or family circumstances which may have implications for pupil mental health and wellbeing.

Senior leaders, the school SENDCOs and the pastoral team can complete an early help assessment to enable school to assess need and ensure that children receive the support needed for improved outcomes.

To find out more about Early Help, please see the school SEND policy.

School Pastoral Support

The School Pastoral team are available to offer general guidance and support to pupils, but also provide targeted support via direct work with small groups of pupils and individual pupils. They can support our children with a wide variety of needs including family and friendship difficulties, safe relationships work, emotional support and mental health support.



Mrs Taggart
Pastoral Lead



Mrs Weatherby
Pastoral worker



School Mental Health Champions

Mytham have a large team of staff Mental Health Champions, led by Senior Mental Health practitioner, Mrs Burke (Deputy Head). These members of staff have been trained to recognise signs of poor mental health and are able to support pupils with basic mental health and wellbeing needs. Mrs Burke works in partnership with the Mental Health in Schools to ensure pupils at Mytham have emerging needs met quickly and effectively.



Mental Health Champions: Mrs Taggart, Miss Smith, Miss Mulligan, Mrs Scoular, Mrs Weatherby, Mrs Martland, Miss Waite, Miss Fallon, Mrs Bogle & Miss Davey.

Signposting & Support for Families:

<https://www.bekindtomymind.co.uk/>



<https://bolton-together.org.uk/>



<https://www.kooth.com/>



<https://www.nhs.uk/healthier-families/food-facts/>

[Fortalice - Domestic Abuse Charity North West - 01204 365677](#)



[Let's Keep Bolton Moving \(letskeepboltonmoving.co.uk\)](https://letskeepboltonmoving.co.uk)

**Let's Keep Bolton
Moving** > > > >

ACTIVITIES | HEALTH | WELLBEING

<https://www.nhs.uk/start-for-life/>



<https://www.place2be.org.uk/our-services/parents-and-carers/>



Improving children's
mental health

