



Summary of Jubilee Primary School's
Mental Health and Wellbeing Policy

Why have a mental health and wellbeing policy?

Mental health means how well you feel emotionally, psychologically, and socially.

When children and young people have 'good mental health', this helps them to: learn and explore the world, express and manage their emotions, form positive and supportive relationships, cope with changes and challenges, have good self-esteem, and do well in school. Schools are in a great position to support children and young people with their mental health. In fact, the Department for Education says: *"...in order to help their children succeed; schools have a role to play in supporting them to be resilient and mentally healthy"*.

- Schools can support their pupil's mental health by:
 - Providing a supportive and nurturing school environment
 - Teaching about health and wellbeing in RSHE (religious, social, and health education), and weaving these topics throughout the broader curriculum and school life in general
 - Reducing the stigma around mental health
 - Providing children with skills and tools to help them understand and manage their thoughts, feelings, behaviours, goals, and relationships
 - Spotting children who may be struggling and helping them and their families to get support (either within the school or from outside services like the NHS).
 - Fostering a mentally healthy community of pupils, parents, and staff.

Jubilee Primary School's whole school approach to mental health and wellbeing

A whole school approach means that all parts of the school community (school leaders, teachers, and staff; pupils, parents, and carers; the wider school community) are working together and committed to a common goal. Jubilee's whole school approach to mental health and wellbeing has 7 aspects:

1. *Creating an ethos, policies, and behaviours that everyone understands, and which support mental health and resilience*
2. *Helping pupils to develop social relationships, support one another, and seek help when they need to*
3. *Helping pupils to be resilient learners who can embrace mistakes and overcome challenges*

4. *Teaching pupils social and emotional skills and an awareness of mental health*
5. *Early identification of pupils who have mental health needs and planning support to meet those needs, including working with specialist services*
6. *Working effectively with parents and carers*
7. *Supporting and training staff to develop their skills and resilience*

How is the whole school approach being carried out?

Specific staff

Jubilee has members of staff who have specific responsibilities for supporting its pupils and the wider school community with mental health. This includes the *Designated Mental Health Lead*, the *Safeguarding Lead*, the *Educational Mental Health Practitioner*, and the *CAMHS Worker in School* (see section on the WAMHS project below). Jubilee's Mental Health Policy explains the roles and responsibilities of each of these staff members in detail. Jubilee also provides 1:1 therapeutic support for pupils via its *Learning Mentor* and supports children with special educational needs and disabilities via its *SENDCO*.

Jubilee's policy also explains the responsibilities that the whole staff community, senior leadership, and the governing body, have with regards to mental health.

The WAMHS project

Jubilee is part of the *WAMHS* project, which stands for *Wellbeing and Mental Health in Schools*. This project is partnership between City and Hackney Schools and NHS Child and Adolescent Mental Health Service (CAMHS) which supports schools to be environments that promote emotional wellbeing. As part of this project, Jubilee has a CAMHS worker in School. This is a mental health professional who can provide consultation to the school community and who can support pupil's and their families to access mental health services when they need support. Please read the policy for more details.

Initiatives that help to support children directly

Through PSHE teaching, Jubilee helps its pupils to develop their understanding of mental health, and to gain skills and knowledge that will help them to develop their resilience (see full policy for a list of teaching topics). Jubilee also aims to promote positive emotional and social wellbeing in lots of other ways throughout a pupil's time at school including: pupil-led activities, transition programs (to help with key education transitions), class activities, small targeted group activities, and individual pupil support from the Learning Mentor (see full policy for details).

Working with parents

Jubilee aims to provide parents with information and websites about mental health, as well as information about local wellbeing and parents programs. Information about the mental health topics taught in PSHE and RSHE can also be found on the school website.

Jubilee will be sensitive and supportive when working with parents who's child might be experiencing difficulties with mental health. It will always ensure parents are informed if there is a concern about their child's safety. Please see Jubilee's Mental Health Policy and Child Protections and Safeguarding Policy for more details.

Staff wellbeing

Jubilee is committed to promoting staff wellbeing, which in turn helps to make the whole school an emotionally supportive environment. Please see the Mental Health Policy to read how Jubilee puts this commitment into action.