



Mental Health Intent Statement by SENCO, Kate Crowley September 2020

At **Red Hall Primary School** we strongly believe in putting the whole child first. We understand the importance of children feeling safe and happy. Recently we have put a lot of emphasis into Wellbeing and Mental Health, training our own staff to ensure we are equipped to deal with issues that arise or can help children and families with outside support where needed.

At Red Hall we aim to promote positive Mental Health and Wellbeing for our whole school community (children, staff, parents and carers) linking to Article 24 (UN Convention on the Rights of the Child) *“every child has the right to the best possible health”*. We recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health. It is fundamental to our philosophy and ethos of valuing everyone, caring for each other and achieving excellence. We work together as a school community, staff, students and parents in a supportive, success minded and challenging environment to maximise opportunities and achievements for all. Over the course of their education, children spend over 7,800 hours at school. With such a huge amount of time spent in the classroom, schools provide an ideal environment for promoting good emotional well-being and identifying early behaviour change and signs of mental distress. At Red Hall we believe that social and emotional skills, knowledge and behaviours that young people learn in the classroom can help them build resilience and set the pattern for how they will manage their mental health through their lives.

Since 2014 Social, Emotional and Mental Health (SEMH) has become a category of Special Educational Needs. Children with SEMH need will receive support in school. We work closely with outside agencies including Child and Adolescents Mental Health Service (CAMHS), the Educational Psychology team and Behaviour support (Sycamore outreach team) to ensure the best outcomes for our children.

Improved mental health starts with a conversation. Achieving that first step- mustering the courage to share something so deeply personal and troubling needs support, understanding and encouragement. This is especially true for children and young people. If you have any concerns about a child’s mental health or well-being we are here to help and if we cannot we will signpost you to those who can.

At Red Hall Primary School we offer the following strategies to support your child:

- A PSHE curriculum that is designed to support children’s understanding of their emotions. This is built upon as they move through the school
- A Well-being room where children can access support in a place that is calm
- Daily mindfulness activities within class
- Up to date training for staff so that they are aware of how to support children with mental health concerns
- Consultations with external agencies so that you are included in knowing how to support your child’s ongoing needs

If you think you may need help in any way please contact the school's SENCo (**Miss Crowley**) or our DSL (**Mrs Tomlinson**) as soon as possible.

Useful web links

Schools in Mind-The Anna Freud Centre

<https://www.annafreud.org/what-we-do/schools-in-mind/>

Self- help websites for young people.

Kooth- free online support for young people.

www.kooth.com

Young Minds- Young minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

www.youngminds.org.uk

Bereavement

Child Bereavement UK

<http://bereavement.lgfl.org.uk/>

Suicide

Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere.

<https://www.giveusashout.org/>

MIND charity

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

Emotional Wellbeing class clips for KS1 and KS2

www.bbc.com/bitesize/topics/zxccwmn/resources/1

Mindful Gnats

www.mindfulgnats.com

Mentally Healthy Schools

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

Children's Mental Health week

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

NHS help for mental health

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Changes

http://www.changes.org.uk/html/mental_health_meetings.html

Mental Health and wellbeing for all ages

YoungMinds Parent information booklet.

Domestic Abuse

Supports victims of Domestic Abuse

<http://www.sittingrightwithyou.co.uk/>

Bullying and Cyberbullying

NSPCC

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

Childline support services for pupils and parents

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

0800 1111 free phone 24 hours and the call won't show up on your phone bill.