



**Date: 02/10/22**

**Date for Review: 02/10/24**

This policy describes The Playscheme's approach to promoting positive mental health and wellbeing and is intended as guidance for all staff. It should be read in conjunction with our SEND policy and Safeguarding policy.

### **Our vision**

At The Playscheme it is our vision that all children are entitled to develop to their fullest potential academically, socially, emotionally and into healthy well-beings, enabling each child to grow in confidence and be able to fully participate in everything that goes on in the wider community with confidence. It is widely recognised that a child's emotional health and wellbeing influences their cognitive development and learning, as well as their physical and social health and their mental wellbeing in adulthood. The department for Education recognises that, in order to help their pupils, succeed: educational establishments have a role to play in supporting them to be resilient and mentally healthy.

This includes equipping staff with the right skills and support; having effective policies for behaviour and bullying; engaging with families and children; using the curriculum to promote wellbeing; and providing pathways to support. In addition to promoting positive mental health, we aim to recognise and respond to mental ill health. We recognise as a scheme that by developing and implementing practical, relevant and effective mental health procedures we can promote a safe and stable environment for children affected both directly, and indirectly by mental ill health.

### **SEND Code of Practice:**

What the SEND Code of Practice says about social, emotional and mental health difficulties:

- Children and young people may experience a wide range of social and emotional difficulties which manifest themselves in many ways. These may include becoming withdrawn or isolated, as well as displaying challenging, disruptive or disturbing behaviour. These behaviours may reflect underlying mental health difficulties such as anxiety or depression, self-harming, substance misuse, eating disorders or physical symptoms that are medically unexplained. Other children and young people may have disorders such as attention deficit disorder, attention deficit hyperactive disorder or attachment disorder.

### **Staff Responsibility**

All staff at The Playscheme have a responsibility to promote the mental health and emotional wellbeing of children. Staff with a specific, relevant responsibility includes:

Christopher Young- Designated Safeguard lead.

Jodie Taylor- Deputy Designated Safeguard Lead.

### **Risk of Immediate Harm**



If there is a fear that the child is in danger of immediate harm then the normal safeguarding procedures should be followed with an immediate referral to the designated safeguarding lead. If the child presents a medical emergency, then the normal procedures for medical emergencies should be followed, including alerting the first aid staff and contacting the emergency services if necessary.

### **Staff Identification**

It is recognised at The Playscheme that promoting staff health and emotional well-being should be an integral part of the scheme's approach to mental health and wellbeing. Therefore, training and signposting to materials about where to go if they need additional support / advice regarding their mental health and emotional wellbeing will be made available for all staff. An open-door policy to senior leadership is always made available if a member of staff is in need of speaking to someone about any issues of concern. Leaders are open to paying for counselling support for members of staff after discussions.

### **Disclosures**

If a pupil chooses to disclose concerns about their own mental health or that of a friend to a member of staff, the member of staff's response should always be calm, supportive and non-judgemental. Staff should listen, rather than advise and our first thoughts should be of the pupil's emotional and physical safety rather than of exploring 'Why?' All disclosures should be recorded using the Safeguarding policy as a guide. This information should be shared with the Designated Safeguarding Lead.

### **Working with Parents and Carers**

In order to support parents we will:

- Ensure that all parents are aware of who they can talk to, and how to get the support they need if they have concerns about their own child or a friend of their child.
- Make our mental health policy easily accessible to parents.
- Share ideas about how parents can support positive mental health in their children through our regular review meetings.

### **Sources of Support Young Minds**

www.youngminds.org.uk - children and young people's mental health

Mind www.mind.org.uk – children and young people's mental health

MindEd www.minded.org.uk – a free educational resource on children and young people's mental health for adults

Time to Change www.time-to-change.org.uk - tackles the stigma of mental health

Rethink Mental Illness www.rethink.org - challenges attitudes towards mental health

Mental Health Foundation <https://www.mentalhealth.org.uk/>

Together <https://www.together-uk.org/> - a leading mental health charity

The Centre for Mental Health <https://www.centreformentalhealth.org.uk/>

BACP Find a Therapist <https://www.bacp.co.uk/search/Therapists>



Education Support Partnership <https://www.educationsupport.org.uk/> - charity specialising in improving the health and wellbeing of teachers, teaching assistants, headteachers and support staff in schools

Anxiety UK <https://www.anxietyuk.org.uk/>

ministering first aid.