



Wellbeing at Saxon Wood School

Promoting Positive Mental Health & Wellbeing

Introduction

At Saxon Wood School we aim to promote positive mental health and wellbeing for our whole school community: pupils, staff, parents and carers, and recognise how important mental health and emotional wellbeing 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.

All children go through ups and downs through their school career and some face significant life events. About 10% of children aged 5 to 16 have a diagnosable mental health need and these can have an enormous impact on their quality of life, relationships and academic achievement. 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"

How we aim to promote positive mental health and wellbeing.

Schools can be a place for children and young people to experience a nurturing and supportive environment that has the potential to develop self-esteem and give positive experiences for overcoming adversity and building resilience. Our role in school is to ensure that they are able to manage times of change and stress, be resilient, are supported to reach their potential and access help when they need it. We also have a role to ensure that pupils learn about what they can do to maintain positive mental health, what affects their mental health, how they can help reduce the stigma surrounding mental health issues and where they can go if they need help and support

Our aim is to help develop the protective factors which build resilience to mental health problems and be a school where:

- All pupils are valued
- Pupils have a sense of belonging and feel safe
- Pupils feel able to communicate openly with trusted adults about their problems without feeling any stigma
- Positive mental health is promoted and valued
- Bullying is not tolerated

"Where learning has no limits"



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Staff Mental Health & Wellbeing

In addition to children's well-being, we recognise the importance of promoting staff mental health and well-being.

We believe that all staff have a responsibility to promote positive mental health, and to understand about protective and risk factors for mental health. Some children will require additional help and all staff should have the skills to look out for any early warning signs of mental health problems and ensure that pupils with mental health needs get early intervention and the support they need. They also understand the factors that protect children from adversity, such as self-esteem, communication and problem-solving skills, a sense of worth and belonging and emotional literacy.

The Wellbeing Team

At Saxon Wood School, we have a Wellbeing Team (Senior Mental Health Leader, EYFS Mental Health specialist, School Nursing Team, Designated Safeguarding Team, Mental Health First Aider, governor and Staff representative who:

- Lead on and work with other staff to coordinate whole school activities to promote positive mental health
- Provide advice and support to staff and organises training and updates
- Keep staff up-to-date with information about what support is available
- Are the first point of contact and communicates with mental health services
- Lead on and makes referrals to services

At Saxon Wood School, we have a supportive and dedicated staff who are committed to supporting the mental health and emotional wellbeing of all children.



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What does support look like at Saxon Wood

Level 1:

Identifying and setting up individual programme of SHIP support for the child and family with targets and weekly / fortnightly contact and home visits. Multi-agency meetings and resources provided.

Level 2:

Monitoring of support (SHIP) programme in place with fortnightly / monthly contact.

Level 3:

Individual “one-off” advice/support to family following request or identification (pre-SHIP).

Level 4:

Targeted small group advice and support. Including parent input (eg. Session on topics – toileting, behaviour, sleep, dietary intervention etc.)

Level 5:

Universal support. Advice and provision of resources to school staff. Provide information to parents. Referrals to other outside agencies.

