



Mental Health and Wellbeing Policy

Statement

Mental Health is a person's condition regarding their psychological and emotional well-being. According to the WHO (World Health Organisation) mental health is an essential part of a person's health in general, which they defined as:

'Health is a state of a complete physical, mental and social wellbeing and not merely the absence of disease or infirmity'.

It includes, how a person feels about themselves, their life, and the world.

Mental Ill Health is defined as when a person experiences significant changes in their thinking, feelings, or behaviour. It can also be referred to as 'mental disorder'. These changes must be extreme enough to affect how the person functions or to cause distress to them or other people.

How do we support our children at Pips in Mental Health

- Chirton Pips recognise the importance of positive early experiences for mental well-being, helping children to develop resilience.
- Chirton Pips understands the feeling of attachment, security, and positive stimulation in children. Providing them safety and caring relationship to help strengthen the children emotional and social development.
- Chirton Pips will ensure that parents & families who need support are provided information seeking specialist professional help where necessary.
- Any developmental concerns relating to the way children express emotions and form social relationships, Chirton Pips will ensure that right support is provided.

Factors that promote good and poor Mental Health and Wellbeing are known as 'Risk Factors'

These can have a negative impact on mental health and wellbeing:

- Family problems and or a presence of domestic violence
- Health Problems

These all help to promote good mental health and wellbeing:

- Having someone you can trust to talk to
- Feeling that you are in control of your life and circumstances
- Being close to family members

To look after a child's Mental health

Chirton Pips will ensure all staff are there

- To listen to the child/ren
- To support the child/ren through their difficulties
- Stay involved in the child/ren life at Pips
- Encourage the child/ren interests
- Take what the child/ren say seriously
- Be a positive role model to each child/ren
- Understands that routines and stability are important for all children at Pips

The United Nations Convention on the Rights of the Child (UNCRC)

This is a world-wide agreement containing 54 articles that set out basic rights for a child under the age of 18 years. Some examples as follows:

- The right to life
- The right to live a healthy life
- The right not to be separated from parents, unless they are at risk of harm
- The right to protection from drugs, sexual abuse or any harm to their development
- The right to play
- The right to freedom of expression
- The right to be safe from violence
- The right to an education

Article 3 of the UNCRC states that – All organisations concerned with children, eg schools, should work towards what is best for each child. Working together in a closely connected support network can help the child or young person to focus on their goals, strengths and aspirations and see beyond limitations of their symptoms. Working together with a child centred approach places the child at the centre of the planning and decision-making process relating to their recovery.

Chirton Pips designated officer for Mental Health and Wellbeing – *Sarah Jones (Manager)*

Intent *(what we want the children to learn and develop)*

Chirton Pips would like the children to become strong, independent, resilient young people who know that its ok to fail and bounce back. We will give the children the opportunity to learn about their feelings, to be able to name them and know that they can talk to any adults at Pips about how they are feeling.

Implementation *(resources, interactions, how we want the children learn and develop)*

- Staff at Chirton Pips need to be aware and have a good understanding of what Mental Health in children is and how to recognise Mental Ill Health.
- Staff at Chirton Pips will build a good positive relationship with parents, so that, if necessary, they can talk through any concerns they may have.

- Staff will need to teach the children about their emotions through story books, songs, and rhymes. Spend at least 10 minutes each day with their key children so that they can recognise any changes in behaviour and if necessary, help parents get support for their child.
- Chirton Pips will give the children the opportunity to engage in risky activities for example tree climbing, balance on logs or helping to light the fire at Forest School as these will help build their resilience.

Impact *(what has the impact been on the child/ren).*

By building good relationships with parents, we are supporting their mental health and therefore helping children to achieve good mental health. An example - sharing our book on 'Big Feelings' with a family for their child who needed support.

Other support we do is provide additional advice and information on our website, signposting parents, and families to gain further information from WCC and other agencies for advice and support.

Chirton Pips teach the children 'Emotions' through stories and our 'Golden Rules of Kind hands, and words'. These are reinforced many times with the children throughout the year. This has been reflected in the children's communication; they have been heard telling their friends to use kind hands and words.

When children are struggling with their feelings and showing us that they are angry, sad, or happy we talk to them about it, checking that they are ok and asking if there is there anything we can do to help? Again, through positive being role models the children are using and learning to share emotions with their friends. 'Are you ok?'

Chirton Pips encourage children to do/join in with risky activities mostly at Forest School sessions as this helps them become resilience and allowing them to 'Bounce Back'.

If the children are struggling to get the result that they wanted in their chosen activity, the staff help them to see that its ok not to get it right first time, that sometimes we have to keep trying.

Further resources

- All Safeguarding Policies
- Confidentiality Policy
- Promoting Positive Behaviour
- EYFS 2021
- H M Government - Promoting Children and Young People Mental Health and Wellbeing, Public Health DOFE 2021
- EQUA Chirton C of E Primary School – Mental Health and Wellbeing Policy

Date Adopted: Jan 2023

Date to be Reviewed: Jan 2024

Signed.....*Ruth L Cooper*.....(Associate Governor) Date*01/01/2023*.....

Signed.....*Sarah Jones*..... (Manager) Date*01/01/2023*.....