



## Mental Health and Wellbeing

The Mental Health and Wellbeing of everyone in our school community is very important to us. At this time of change and uncertainty, it is important to make sure that we are all looking after everyone's mental wellbeing. We want to make sure our school strives hard to ensure we work hard and provide ways to help you tell us if you or your children have any problems or worries which The Duchy school needs to know about. As a school we are continuously looking for ways for our children, families, and staff to get the best outcomes in life.

The World Health Organisation tells us Mental Health is:

*"The emotional and spiritual resilience which enables us to enjoy life and survive pain, suffering and disappointment. It is a positive sense of wellbeing and an underlying belief in our and others dignity and worth. It is influenced by our experience and our genetic inheritance."*

*This strategy details the systems in place to ensure that Mental health and wellbeing is embedded into our school culture to support both children and staff at the Duchy school. We will continue to strive to improve our wellbeing and mental health provision and will seek out new initiatives and support whenever we can.*

### **Why do we need a wellbeing and mental health strategy?**

At the Duchy school we are an inclusive setting where mental health and wellbeing promotes the school success and improvement by:

- Enabling those suffering mental health related issues to feel they can self-disclose and seek support in a safe and trusting manner.
- By providing information and support to promote positive mental and emotional wellbeing. (See our links on web page)
- Construct a shared understanding of all aspects of mental health.

- Building a culture to support and maintain positive mental health and wellbeing.

### How does the Duchy School promote positive mental health?

- Provide appropriate training and information for staff.
- Hold special events and join in with National events to promote positive wellbeing.
- Appoint Mental health Ambassadors - Year five pupils.
- Seek to embed mental health and emotional support across the curriculum.
- Encourage Mental Health Literacy.
- Assemblies based around 10 a day and Look, Listen and Link - psychological first aid to encourage everyone to look for signs.
- Encourage everyone to join in with regular mindfulness-based interventions in the classroom.
- Create safe spaces within our school.
- Work closely with families/Governors and the wider Community.

### What practice does The Duchy school implement to support mental health and wellbeing?

Any member of staff who is concerned about the mental health or wellbeing of a student should speak to the Mental Health Lead in the first instance. (Mrs Bourne (Head Teacher) > Mrs Riggs (PSED Coordinator) > Mrs Prior (SENDCo)

\*See flow chart below for procedures to follow.

If there is a fear that the student is in danger of immediate harm, then the normal child protection procedures should be followed with an immediate referral to the Designated Safeguarding Lead or Designated Deputy Safeguarding Lead. Any other Safeguarding concerns that are non-urgent should be recorded via CPOMS.

- The school's framework for responding appropriately to mental health and wellbeing will be followed.
- Staff will look, listen, and link. To encourage everyone to look for signs.
- The school has a safe and quiet room where we can support our pupils and staff.
- The school has allocated hours for a higher-level teaching assistant, with some specialist training, to help provide any additional social and emotional wellbeing support for pupils who may benefit from 1:1 support.

**How we will support children at the Duchy who need additional support to manage their Mental Health and Wellbeing.**

