



BYRCHALL HIGH SCHOOL

Policy for promoting positive Mental Health in schools

Rationale

Mental health is how we feel, how we think and how we behave. Mental Health Promotion for children and young people is everybody's business.

It is about:

- being able to form and maintain relationships with others
- being adaptable to change and other people's expectations
- being able to have fun
- being open to learning
- being able to develop a sense of right and wrong
- being able to develop the resilience to manage ordinary setbacks

Byrchall High School recognises that all our students need the foundation of positive mental health to benefit fully from all of the opportunities available to them.

All children and young people need to:

- be able to **Connect** with others by participating in groups and teams
- know they are **Capable** and able to achieve
- know they **Count** in their world and can contribute to their community
- know they have **Courage** and can manage risks appropriately

Everyone experiences life challenges that can make us vulnerable. At times, anyone may need additional support to maintain or develop good mental health.

The mental health of the students, adults in school, parents and carers and the wider whole school community will impact on all areas of development, learning, achievement and experiences.

All children and young people have the right to be educated in an environment that supports and promotes positive mental health for everybody. All adults have the right to work in an environment that supports and promotes positive mental health for everybody.

Byrchall High School will provide a mentally healthy environment by having:

- a clear and agreed ethos and culture that accords value and respect to all
- a commitment to being responsive to children and young people's needs
- clearly defined mental health links in school policies
- clear guidelines for internal and external referrals
- strong links with external agencies to provide access to support and information
- a named lead for mental health promotion with the expectation that there is support and involvement and an ethos that 'mental health is everyone's business'.

Student will:

- have opportunities to contribute in activities that encourage belonging
- have opportunities to participate in decision making
- have opportunities to celebrate academic and non-academic achievements
- have their unique talents and abilities identified and developed
- have opportunities to develop a sense of worth through taking responsibility for themselves and others
- have opportunities to reflect
- have access to appropriate support that meets their needs
- have an environment that is safe, clean, attractive and well cared for
- be surrounded by adults who model positive and appropriate behaviours, interactions and ways of relating at all times.

Staff will:

- have their individual needs recognised and responded to in a holistic way
- have a range of strategies that support their mental health,
- have recognition of their work life balance
- have the mental health and well-being of the whole staff reviewed regularly
- feel valued and have opportunities to contribute to decision-making processes
- celebrate and recognise success
- feel able to carry out roles and responsibilities effectively
- be provided with opportunities for CPD, both personally and professionally
- have their unique talents and skills recognised and opportunities are provided for development
- have time to reflect
- be able to access proactive strategies and systems to support them at times of emotional needs in both the short term and the long term.

Parents/Carers will:

- be recognised for their significant contribution to children and young people's mental health
- be welcomed, included and work in partnership with schools and agencies
- be provided with opportunities where they can ask for help when needed
- be signposted to appropriate agencies for support where needed
- be clear about their roles and expectations of their responsibilities in working in partnership with schools
- have their opinions sought, valued and responded to
- have their strengths and difficulties recognised, acknowledged and challenged appropriated.

A mentally healthy environment is a place where the whole school community:

- is involved in promoting positive mental health
- is valued for the role it plays in promoting positive mental health
- contributes towards the ethos of the school

A healthy learning environment provides opportunities that promote positive mental health, through the standard curriculum and extended provision, e.g. Circle Time, CASP, play, nurture groups, differentiated learning activities, individual timetables, parents/carers groups, challenging stereotypes, etc.

The implementation of the policy for promoting positive mental health in schools:

- will give schools a cohesive and co-ordinated approach to mental health
- should underpin all policies and practices currently used in schools
- will raise awareness as to how the whole school community can look after their own mental health and that of others
- will help to de-stigmatise mental health
- will support people and provide opportunities that enable everyone to reach their potential
- will strengthen relationships and provide opportunities for different ways of working
- will provide foundations for life-long learning
- will promote and strengthen resilience throughout the whole school community and empower everyone to face life's challenges.

This policy must be reviewed every two years.

The promotion of positive mental health for children and young people is everybody's business.

References:

- Wigan Children and Young People's Plan 2008-11
- The Mental Health Promotion Strategy for Children and Young People, Wigan 2009
- Children's Health: A Guide Fundamental Health Local Government Information Unit (LGiU) 2007
- Bright Futures: Promoting children and young people's mental health, Mental Health Foundation
- Article 28, 29, 30 and 31 United Nations Convention on the Rights of the Child
- 4 crucial Cs, North Bristol NHS
- Work/Life Balance National Agreement 2003 - 2005