



CHANNING SCHOOL

MENTAL HEALTH AND WELLBEING POLICY

This policy applies to the whole School including the EYFS

Updated	Review Date	Version
June 2023	April 2024	23.2

Reviewed by: Tas Franklin (Senior Nurse)

Approved by: Freddie Meier (Deputy Head)

Signed by: Board of Governors

Mental Health Policy

This policy should be read in conjunction with the School's Safeguarding and Child Protection Policy, Medical Policy, First Aid Policy and PSHE Policy

What is good mental health?

It is not just the absence of ill health/ mental health conditions, but encompasses:

- the ability to learn;
- the ability to feel, express and manage a range of positive and negative emotions;
- the ability to form and maintain good relationships with others;
- the ability to cope with and manage change and uncertainty.

(Mental Health Foundation)

Promoting good mental health

We are clear that we are not here to treat any mental health problems, but undertake to offer as much support as we can within the School setting. Public Health England suggests these eight principles to promote a whole school approach to mental health and wellbeing. (PHE, 2021. *Promoting Children and Young People's Mental Health and Wellbeing. A whole school or college approach.*)



Leadership and management

The School Nurses monitor this policy regularly. It is reviewed at least annually.

The Head of the Junior School and the Deputy Head in the Senior School are the Designated Safeguarding Leads and Mental Health Leads. They are supported by Deputy Safeguarding Leads across both sites. Regular Safeguarding meetings are held with all key staff, plus Senior Pastoral Management Team meetings, as well as routine meetings with Heads of Years and form teachers where any concerns about individual students can be discussed. Please refer to the Channing Safeguarding policy for more detailed information.

They are responsible for ensuring robust policies are in place, accessible and reviewed at least annually.

Ethos and environment

- All staff and students are encouraged to adhere to The Channing Promise, which was written by staff and students;
- Channing promotes an inclusive and anti-racist approach to teaching, learning and pastoral care;
- Channing undertakes a trauma informed approach (ensuring and promoting safety, trustworthiness and transparency, peer support and mutual self help, collaboration and mutuality, empowerment, voice and choice, cultural, historical and gender issues);
- Students are aware of school guidelines for unacceptable behaviour and the reward system to recognise positive contributions;
- We have a focus on strong and available pastoral care;
- Form tutors/Class teachers have daily contact with their students and are available to talk to them about any personal or social problems they may have;
- The School Nurses are always available for advice and confidential consultations for both students and staff;
- An *open door* policy for students is operated by Class/ form teachers, Heads of Years and Deputy Heads;
- The School Nurses/ Welfare Assistant conducts 'wellbeing chats' currently with Reception children (this is being reviewed and may change to Year 5's in 2023/24) and with Year 7s. The purpose of these 1:1 chats is to establish trusting relationships and to identify any risk factors to wellbeing;
- Channing has 2 part-time School Counsellors based in the Senior School and 1 part-time Counsellor in the Junior School. Depending on their age, students can either self refer or be referred for an assessment and a limited number of sessions by their form teacher, HoY, or the School Nurses. They also offer some drop-in sessions.

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- We encourage an active approach to building resilience.

Curriculum, teaching and learning

- We have a carefully considered curriculum which includes sessions on Mental Health and Wellbeing within the PSHE programme;
- Subject specific PSHE lessons are taught by School Nurses and School Counsellors;
- A facilitative teaching approach is encouraged;
- Opportunities to develop and promote social and emotional skills are incorporated in lessons;
- Understanding and having language/ skills to express their feelings and knowing what are 'normal' feelings/ problems is promoted;
- We have an engaging and encouraging PE department with something on offer for everyone;
- The Senco team is an integral and pro-active part of the school;
- Trips are arranged to focus not only on learning but also on the whole experience and building relationships;
- A Big Sibling program is run by year 8's to support year 7's;
- A Peer Education Program on mental health, is run by year 12's.

Student voice

- There is an active School Council led by the Head Girls;
- Opportunities for Year assemblies run by students are provided and encouraged;
- Regular meetings between Head Girls and the Headmistress are arranged;
- Regular meetings between 6th Form Officers and senior staff;
- Regular meeting between HoYs and year group officers.

Staff development and support

- Diversity training is offered to staff;
- All staff are trained to use the Cpoms platform to share any concern;
- All new staff have a comprehensive induction to support them as they settle into their new role;
- Supervision for Counsellors, Nurses and other key pastoral staff;
- All staff have access to an EAP, (Education Support) where counselling as well as other supports are available;
- Heads of Years plus other key staff are offered a comprehensive 2 day Youth Mental Health First Aid Training Course (accredited by Mental Health First Aid England). The aim is to roll this out to all staff who work closely with students aged 8-18;

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- All staff can also access information via MindEd Hub, Mentally Healthy Schools, Schools in Mind (Anna Freud Centre for Children and Families), Place2Be and TooledUp;
- Staff with supervision/ managerial responsibilities are offered a comprehensive 2 day Adult Mental Health First Aid Training Course (accredited by Mental Health First Aid England);
- Additional support and training is also available from School Nurses and Counsellors.

Identifying need and monitoring impact

- There is a Wellbeing committee which meets half termly;
- The Deputy Head in the Senior School chairs regular Senior Management Pastoral Team (SMPT) meetings to discuss pastoral matters;
- The Head of the Junior School includes Pastoral Concerns on Junior School Senior Management Team agendas;
- There are systems in place for referrals by HoY, Class teachers, School Nurses and self referrals to the School's Counsellors;
- Students' needs are identified and monitored via CPOMS;

Working with parents and carers

- We have a strong focus on a home-school partnership;
- Liaising with specialist teams working with students;
- We have a programme of talks and workshops to help parents navigate problems and inform them of recent developments;
- Parents/ carers are directed to the TooledUp platform which provides information about pastoral issues including mental health.

Targeted support

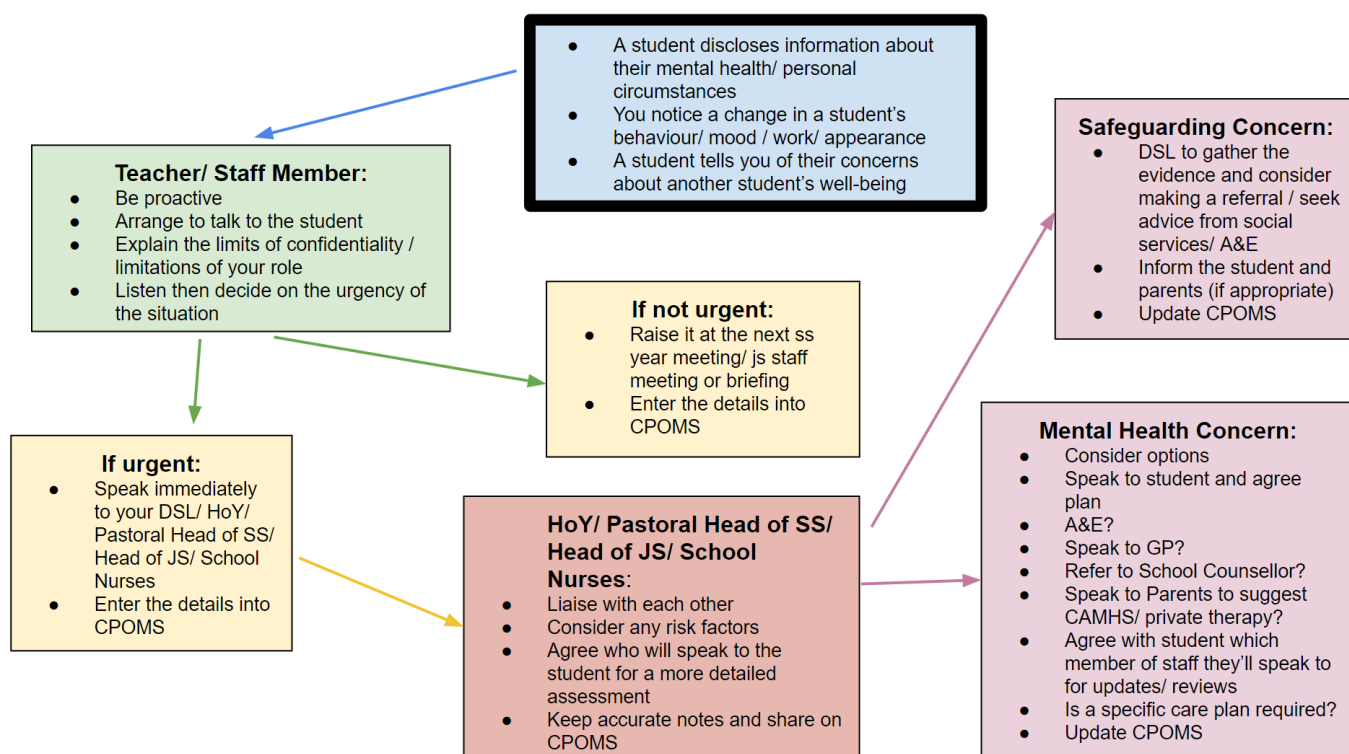
- Individual care plans written by the Nurses/ HoY and students with input from parents, SS HoY/JS class teachers and any other professional involved in their care. This plan forms an agreement between the school and student, and includes details of how the school will support the student as well as what the student will comply with. This should be attached to the student's medical records on Schoolbase with access given to all staff who work with the student. Care plans are regularly reviewed by the student and staff member who wrote it with them;
- Students can use the drop-in session with the School Counsellor;

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- On occasions, the school may require safety plans to be completed and medical certification to verify that the student is safe to come to school or attend trips is provided, and this will be discussed with parents;
- If a change in mood or behaviour is noticed, or information about a student comes to light, staff must follow the Students' Wellbeing flow chart in Appendix A. When deciding on the urgency of a student's well-being needs, as well as relying on their own experience and judgement, ***staff must consider the following as urgent: the student voices any suicidal thoughts, changes in eating habits, any self harm, you suspect depression, any risk-taking behaviours.*** Any self harm wounds/ injuries must also be assessed by the School Nurse;
- A list of useful resources can be found in Appendix B.

Appendix A

Student Wellbeing Flowchart



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Appendix B

Useful Resources

Crisis

<https://www.youngminds.org.uk/young-person/find-help/i-need-urgent-help/>

<https://www.samaritans.org/>

Text SHOUT to 85258 or YM if under 19 years or contact the [Shout Crisis Text Line](#),

Call 0800 1111 to talk to Childline (under 19 years). The number does not appear on phone bills.

Call 111 for advice or 999 for Ambulance/ Police

24 hour Mental Health Crisis Service at St Pancras Hospital for people aged 18+. Call first if possible - 020 3317 6333

General

CAMHS Haringey - Referral contact details: 0208 702 3111, Email: beh-tr.spoa@nhs.net

<https://www.haringey.gov.uk/children-and-families/local-offer/health-services/children-and-adolescent-mental-health-service-camhs>

Anxiety / panic <https://nopanic.org.uk/>

Low mood <https://www.thecalmzone.net/about-calm/what-is-calm/>

Relate - relationship counselling - [relate.org.uk](https://www.relate.org.uk)

Home Start - help parents who are struggling to cope - [home-start.org.uk](https://www.home-start.org.uk)

Hearing Voices / Psychosis

The School Nurses monitor this policy regularly. It is reviewed at least annually.

Camden Voice Collective 16-25 Group

Wednesdays, 5.00 - 6.30pm

Mind in Camden, Barnes House, 9-15 Camden Road, London, NW1 9LQ

Contact: Gayatri, Fiona or Tamsin | **Tel:** 020 7241 8973

Email: referrals@mindincamden.org.uk

Website: www.mindincamden.org.uk

<https://www.candi.nhs.uk/our-services/psychosis/locations>

Eating

Beat <https://www.beateatingdisorders.org.uk/>

Gender/ Sexuality

<https://switchboard.lgbt/>

<https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/gender-identity/>

Sexual

<https://www.thehavens.org.uk/> - specialist centre for rape victims

Brook- confidential sexual health/ wellbeing advice and care <https://www.brook.org.uk/>

Can be seen here and if any concern or vulnerability noticed or voiced will be dropped into the correct service ie CAMHS, vulnerable young adult, safeguarding <https://www.sexualhealth.cnwl.nhs.uk/>

Rape Crisis - rapecrisis.org.uk

Suicidal thoughts

Childline 24/7 0800 1111

Calm: 0800 585858 www.thecalmzone.net

The School Nurses monitor this policy regularly. It is reviewed at least annually.

Campaign Against Living Miserably Help and support for young men aged 15-35 on issues which include depression and suicide.

HopeLine Uk 0800 068 4141 www.papyrus-uk.org

For practical advice on suicide prevention and support to under 35s.

National Suicide Prevention Helpline UK 0800 689 5652 <https://www.spuk.org.uk/>

National helpline offering supportive listening service to anyone throughout the UK with thoughts of suicide or thoughts of self-harm. They are open 6pm to 3:30am for those aged 18 or over

The OLLIE Foundation <https://theolliefoundation.org/>

A charity dedicated to delivering suicide awareness. Providing confidential help and advice to young people and anyone worried about a young person.

Bereavement

<https://ruthstraussfoundation.com/>

works with families who have faced bereavement and helping support relations with family members who are terminally ill

<https://www.griefencounter.org.uk/>

Supporting young people experiencing a bereavement

<https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/bereavement-and-young-people/> NHS information, advice and links to support services

Substance misuse / Gambling

<https://www.talktofrank.com/> Information and advice about drugs

Islington

<https://gps.northcentrallondonccg.nhs.uk/service/youth-counselling-substance-misuse-alcohol-service-ycsmas>

Camden

<https://gps.northcentrallondonccg.nhs.uk/service/drugs-and-alcohol-young-people>

Haringey

The School Nurses monitor this policy regularly. It is reviewed at least annually.

<https://insightyoungpeople.org.uk/our-services/insight-platform/>

Westminster Drug Project - <https://www.wdp.org.uk/> - they help people overcome drug and alcohol problems

Gamcare - help for people with gambling problems. www.gamcare.org.uk

Domestic Abuse

National Domestic Abuse helpline - 0808 2000 247

Solace Women's Aid - www.solacewomensaid.org

Barnet have a drop in service which gives practical help for survivors of DV - includes practical help with housing and finance.

Call the police on **999**

Silent Help: If you need help but are unable to speak, ring 999 when they answer press **55**

This alerts the operator and the police will be sent to help you

Support for children in Barnet

<https://www.barnet.gov.uk/children-and-families/early-help-children-young-people-and-families/early-help-hubs>

Refugee Support

<http://www.ncgateway.org.uk/>

<https://www.refugeecouncil.org.uk/>

<https://www.refugeecouncil.org.uk/get-support/services/refugee-advice-service-london/>

<https://www.gov.uk/government/publications/helping-ukrainian-students-in-schools/resources-to-help-support-children-and-young-people-arriving-from-ukraine>