



March 2023

Mental Health Policy

Information for Parents: This policy is available on request

This policy applies to all parts of the Ursuline Preparatory School with specific additional EYFS requirements.

The Ursuline Preparatory School does not undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.

At The Ursuline Preparatory School, we recognise how important mental health and emotional wellbeing is to our lives so aim to promote the positive mental health and wellbeing for our whole school community which includes children, staff, parents and carers.

We recognise that children's mental health is paramount to their overall wellbeing and can affect both their learning and achievements.

We develop protective factors that build resilience within our school so that every child feels:

- Valued
- They have a sense of belonging and feel safe
- They are able to talk freely with trusted adults about any problems they may have
- They feel that their mental health is promoted (mental health week)
- And that they know bullying will not be tolerated.

At the Ursuline Preparatory School, we have clear systems in place for identifying mental health problems and our staff are aware that if they have a concern with a child, this is also a safeguarding concern and immediate action must be taken.

At the Ursuline Preparatory School, we believe that positive mental health is everybody's business and that all members of our school community have a role to play. We:

- Help children understand their emotions and feelings, we do this through our PSHE curriculum.
- Help children feel comfortable sharing concerns and worries. We have a green box in school, where the children can add a concern and a member of staff will talk to them in a confidential space.
- We encourage children to form positive relationships with their peers and adults in our community
- We encourage children to become confident members of our school community who are resilient and are able to overcome setbacks.

At The Ursuline Preparatory School we promote a mentally health environment through:

- Promoting our school values and Catholic Ethos
- Ensuring that each pupil and member of staff is able to have a voice that is heard.
- We celebrate both academic and non-academic achievements
- We have support in place for life events for example bereavement. We do this through sensitive PSHE teaching and with a counsellor.

All members of our school community are aware of the support that is available to them and where to go to for help:

| | | |
|----------------|---|---|
| Children | – | Their Class staff/ Mrs Parker-Litjens our Designated children's First aider |
| Staff | – | Mrs. M. Lawn our Designated Mental Health First aider. |
| Parents/carers | – | Headteacher |

Staff at The Ursuline Preparatory School are aware that mental health and wellbeing problems can be an indicator for a child suffering abuse, neglect, or exploitation.

Indicators could include the following:

- poor attendance
- poor punctuality
- a lack-lustre approach to learning
- negative behaviour
- a bereavement
- a health complication
- another family circumstance.

This list is not exhaustive and staff are aware that all children are unique and will display factors in different ways.

Staff keep track of these factors and would seek advice from the Designated Safeguard Lead if they had concerns and they would work together with other agencies to ensure all children are given the best care possible.

Staff would also be vigilant if a child displays the following indicators and bring them to the attention of the Designated Safeguarding Lead:

- A prolonged change in their eating habits
- Withdrawing from their social groups
- Change in their mood
- Expressing feelings of failure
- Saying they are in pain or feeling sick with no evident cause.

At The Ursuline Preparatory School, we work very closely with all parents and carers. We

- Ensure that all parents are aware of the work we do to support the mental health of the children in our care through weekly newsletters, mental health week
- We share ideas of how to support the mental health of their children through our child friendly leaflets
- Ensure our parents know about the mental health topics we are going to be teaching through our PSHE curriculum and how they can extend these topics at home.

As part of our ongoing care of supporting the mental health and wellbeing of every child in our care, at The Ursuline Preparatory School we will work with other agencies and professionals. These agencies and professionals could include:

- Educational psychologists
- Behaviour therapists
- Paediatricians
- Counselling services
- Family support workers

This list is not exhaustive and we would seek the best support for each child based on their needs.