

Stour Valley's Wellbeing Advice



Why do we have a policy?

We have a mental health policy in school as it provides a set of procedures and guidelines which ensure that the school understands the wellbeing of its students. It shows the school is understanding of mental health and encourages the students to come forward with their difficulties, showing our whole school community that our school is committed to wellbeing. It ensures that people have a safe space where others understand the stresses and worries which people may have and signposts possible help and support.

What is mental health?

Mental Health is defined as “the state of mental wellbeing, in which an individual realises their own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to their community” (World Health Organisation). It influences everyday lives, such as how we feel and behave every day, our ability to work on schoolwork and interact with our peers. Everyone has mental health. We all fall on a spectrum of good wellbeing to coping to poor wellbeing, and this can change throughout our lives.

We all have an impact on the mental health of those around us. Our attitudes and behaviours can easily affect others and we must be mindful of this as we interact with students, staff and parents/carers. If we can understand the effect our words and actions have on the mental health of others then together we can strive towards better mental wellbeing for all.

What is Stour Valley Community School's view on mental health?

Our school accepts that everyone has mental health. The school understands that not everyone is diagnosed but we still treat people fairly by offering support which is: universal (everyone), selective (those with increased risk) and indicative (those showing early symptoms). We believe every action is an intervention that can make a positive difference.

The Stour Valley Community views and approaches people with mental health difficulties no differently, whilst ensuring that all students feel safe and receive the required help and support. SVCS understands that suffering with mental health can make people more vulnerable and in addition we act to ensure that no one is discriminated against because of their wellbeing, ethnicity, race, religion, gender, sexuality or age.

SVCS understands, with reference to Maslow's Hierarchy of Needs, that our students, staff and whole school community cannot achieve our best unless we feel safe and are welfare needs are met, which includes mental health.



What do we do?

Our Universal Offer Proactive and Preventive

Awareness: Assemblies, PSHE lessons, dropdown days and information on our website to raise the awareness of Mental Health and Wellbeing.

Student Voice: Student Council, Wellbeing surveys and surveys on other issues affecting students, Tootoot and active bystander training to allow students as many opportunities to tell us about their experiences of school life. Kooth can be used by students: <https://www.kooth.com/>

Parents/Carers: Information, guidance and support offered on our website, direct contact with child's tutor and signposting to webinars and events hosted by external agencies.

Collaboration: Mental Health Lead, SENDCo, attendance and pastoral staff work together to communicate help and support effectively to all stakeholders.

Website: <https://www.stourvalleycommunityschool.org/>

Selective and Targeted Support Responsive Internal Support

Where a need has been found or reported the team will offer a number of strategies to students. Where these strategies are longer term, a **Person Centred Plan** will be created to best support that student.

Strategies include but are not limited to: ELSA and Chaplaincy mentoring, allowances in the school day – these are tailored to the individual. Breathing dot card, journalling, open door card, regulation techniques.

Parents/Carers: Reminded of information, guidance and support offered on the website, invited to information evenings, signposted to external agencies.

Referrals External Support

Your Family GP

Primary Mental Health Worker: Kerry Stubbings

Suffolk Wellbeing Hub: <https://www.suffolk.gov.uk/children-families-and-learning/children-and-young-peoples-mental-health-and-emotional-wellbeing-support/suffolk-children-and-young-peoples-emotional-wellbeing-hub>

Essex Wellbeing Hub: <https://www.suffolk.gov.uk/children-families-and-learning/children-and-young-peoples-mental-health-and-emotional-wellbeing-support/suffolk-children-and-young-peoples-emotional-wellbeing-hub>

Safeguarding referrals to CAMHS to go through Designated Safeguarding Leads.

Mental Health Support Teams: Currently do not cover SVCS.

Parent/Carer Support Groups:

<https://www.stourvalleycommunityschool.org/svcs-wellbeing/parent-portal>

Support with specific issues can be found in the website:

<https://www.stourvalleycommunityschool.org/svcs-wellbeing>