

Mental Health and Wellbeing Principles – appendix

Bracken Lane Primary Academy

March 2024

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1. Executive Summary

Bracken Lane Primary Academy follows all aspects set out in the Diverse Academies Mental Health and Wellbeing Principles. The policy can be found on the Diverse Academies website.

2. Roles and Responsibilities

All adults working with or on behalf of children have a responsibility to promote their wellbeing. In Bracken Lane Primary Academy, the following people have a specific overview of aspects of our mental health provision.

Wellbeing Champion – Bridget Chillingworth
Mental Health Lead – Helen Skelton
Mental Health First Aider– Helen Skelton
DSL – Helen Cawkill

Specialist Support Staff:

8 Support Staff have received training to enable them to address mental health concerns in children and know how to signpost to relevant services.

Counsellor available for consultations with children on a rolling programme 1 morning per week.

Children & Adolescent Mental Health Service (CAMHS)
www.nottinghamshirehealthcare.nhs.uk/camhs
Tel: 0115 969 1300
Nottinghamshire Healthcare NHS Foundation Trust
Duncan Macmillan House
Porchester Road
Nottingham
NG3 6AA

3. Training

Bracken Lane Primary Academy endorses all aspects set out in the Diverse Academies Mental Health and Wellbeing Principles.

Several Support and Administrative staff completed Cache Level 2 certificate in Understanding Children and Young People's Mental Health

Mental Health Lead: Designated Mental Health First Aider (2018), Emotion Coaching; A Mentally Healthy School, The Link between Mental Health and Safeguarding, The Role of the Designated Lead for Mental Health, School Counsellor Online Certificate, Certificate in Online Safety for SENDCos.

Formal Level 3 Designated Safeguarding Lead training to be undertaken every 2 years, to incorporate mental health issues and responses - DSL and DDSLs.

Utilisation of SharePoint as a source of information and guidance for Mental Health Leads, PDBA and Safeguarding Leads.

4. Designated Mental Health Lead

Bracken Lane Primary Academy follows all aspects set out in the Diverse Academies Mental

Health and Wellbeing Principles in ensuring that agreed Trust-wide initiatives regarding mental health are actioned to the benefit of the school community.

5. Trustees and academy committees

The Trustees and Local Academy Committees will be responsible for ensuring that mental health education and provision operate alongside current safeguarding policies and protocols ensuring compliance with statutory and recommended procedures.

6. Appendix to principles statement

How mental health provision will be addressed across the trust's academies from 2023.

Level of mental health provision	Examples	For
<p>Green – Universal <i>pre-emptive</i> Ensuring there is a whole school approach to mental health helps with this because it removes the stigma around mental health and encourages children to talk about their feelings.</p>	Wellbeing lessons, school assemblies, curriculum links and/or drop-down days	All children
<p>Amber – Targeted support – <i>pre-emptive and responsive</i> Trained staff with the skills and confidence to step in, offer first aid and guide children towards the support they need. This can speed up a young person's recovery, stop issues from developing into a crisis, and ultimately save lives.</p>	Mental Health First Aider	Children who need one to one support with their mental health and wellbeing or additional targeted support or nurture
<p>Red – Critical support – <i>responsive / referral</i> School counselling staff support childrens by providing a psychological counselling, assessment and intervention service. They work collaboratively with principals, teachers, learning and support teams, parents and carers, and other agencies to support learning and wellbeing outcomes for childrens.</p>	Access to a counselling service	Children who need specialist support to address issues related to their wellbeing and mental health



Contact points / directory for mental health services (not exhaustive):

www.nottinghamshirehealthcare.nhs.uk/camhs

www.nottinghamshirehealthcare.nhs.uk/camhs-crisis-team

www.annafreud.org (mental health charity and pioneer)

www.kooth.com (confidential online portal for 11-25-year-olds)

www.freedbeeches.org.uk (eating disorders in young people service)

www.youngminds.org.uk (young people's mental health service)

www.papyrus-uk.org (prevention of young suicide)

www.nottinghamshire.gov.uk/media/115467/childrens-society-cse-and-csa-service (children's society / safetime support – sexual abuse)

www.nottinghamshire.gov.uk/fanotts/health-and-wellbeing/emotional-wellbeing

7. Mental health academy best practice proforma

Academy mental health and wellbeing best practice

	Strategies in place	Notes/staff	Timeline
1. Designated mental health lead	Continued emphasis on staff rewarding children from the PBFL policy.	Designated mental health lead working with staff and partner organisations where required.	Dec 2018
2. Identifying mental health need	Children with need/ support identified by staff and discussed with MHL. Mental health is covered through the safeguarding annual audit.	Children identified working with support staff. Also, referrals to TETC team, CAMHS, charities etc.	
3. Plan mission statement or	MHL to work closely together to put together a policy with the trust SDL and place around	Mental health statement/ offer to be created and	

policy for mental health	academy site and on the website.	share with all stakeholders and placed on website.	
4. Incorporating mental health into the curriculum	Mental health is discussed through PHSE lessons. Assemblies also highlight MH issues such as anxiety, self-esteem, gender etc.	PHSE curriculum in place.	
5. Using universal data and measurement to identify need	Attendance, rewards and behaviour data is analysed half termly. Intervention/support put in place for children causing concern. SEND outcomes are tracked by SENDCo – intervention/support put in place My Concern dashboard data analysed by DSL and reported to SLT	Data dashboard is monitored by MHL lead and Principal. Critical cohorts for attendance and behaviour are tracked. SENDCo works closely with support staff, class teachers and SLT. My Concern is reviewed and analysed regularly by DSL and shared with core SG team. Feedback is used to support intervention and vulnerable children on individual support plans if needed.	
6. Engaging parents and carers in supporting children's mental health	Topic at parent focus group meetings held throughout the year. Mental health focus to be placed on the academy website.	MHL/Principal hosting these meetings with parent focus group throughout the year MHL to liaise with Principal to place	

	<p>Access to a counselling service offering 1:1 sessions with children.</p> <p>Social media promoting events in school e.g., mental health awareness day etc.</p>	<p>information on academy website.</p> <p>Support signposted to charities offering talking listening services.</p> <p>Whole school involvement in themed days that reflect local, national and world themes.</p>	
7. Having a single point of contact with external mental health services	<p>The academy uses a range of external agencies, information about which is available on the website e.g.</p> <p>Anna Freud DfE PSHE Association</p>	<p>Contact can be organised through the MHL and DSL.</p> <p>Parents made aware through school newsletter.</p>	
8. Offering counselling to support pupils' mental health	<p>Children supported by class teacher and specialist TAs</p>	<p>Access to a counselling available and referrals for further external support can be made if the threshold is met.</p>	
9. Taking a whole school approach to mental health	<p>Part of AIP through curriculum and safeguarding provision / identified priorities</p> <p>Delivered through PHSE curriculum and assemblies</p> <p>Staff awareness training delivered</p>	<p>MHL, PHSE Lead and SLT to promote and monitor.</p>	

Audit of academy practice based around the identified areas in the latest DfE publication:

'Supporting mental health in schools and colleges- pen portraits of provision' - May 2018

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/705083/Supporting_Mental-Health_pen_portraits.pdf

8. Review

The mental health principles review will be carried out each spring term by the strategic development leaders, safeguarding and MHL.