



# Padiham St Leonard's CE VA Pupil Mental Health and Wellbeing Policy



**“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbour as yourself.’ There is no commandment greater than these.”**

**Mark 12: 30-31**

***‘Anyone who claims to be in the light but hates a brother or sister is still in the darkness.’***

**1 John 2:9**

Our vision at St Leonard's is to provide a nurturing, Christian environment where pupils develop a passion for learning about the world around them in order for them to become vibrant learners who use their abilities, knowledge and values to grow into faithful stewards of God's Creation.

We aim to provide learning and experiences to enable pupils to develop spiritually, intellectually, emotionally, morally and physically. Our vision is that they develop a depth of understanding which is deep rooted and as such provide a 'good soil' so pupils go on to produce a bountiful crop.

***‘Still other seed fell on good soil, where it produced a crop - a hundred, sixty or thirty times what was sown.’ Matthew 13:8***

We want pupils who will produce **FRUITS**:

- Faith - develop courage, resilience and patience, through their own personal faith in God, so they can retain hope and joy even during hard experiences.
- Relationships - flourish through strong relationships with themselves, each other, creation and God.
- Uniqueness - have the self-confidence to understand their uniqueness and God-given purpose to become the person God created them to be.
- Intellect - develop a keen intellect and use this talent and ability wisely to protect and enhance themselves, their communities and the environment.
- Treat themselves and others with dignity and respect maintaining a healthy body and thriving community.
- Salvation - have a recognition that we need to seek forgiveness through Jesus to become friends with God.

In order to achieve our vision we will provide an environment where pupils can feel safe and secure so that they can flourish in all aspects of their lives.

## **School statement on bullying**

***‘God created man in His own image, in the image of God He created him; male and female He created them.’***

**Genesis 1: 26-27**

We believe that all people are made in the image of God and are unconditionally loved by God. Everyone is equal and we treat each other with dignity and respect. Our school is a place where everyone should be able to flourish in a loving and hospitable community.

## POLICY STATEMENT

At our school, we are committed to supporting the mental health and wellbeing of our pupils and staff. Our culture is supportive, caring, and respectful. We encourage pupils to be open and we want each pupil to have their voice heard. At our school, we know that everyone experiences different life challenges, and that each of us may need help to cope with them sometimes. We understand that anyone and everyone may need additional emotional support. At our school, positive mental health is everybody's responsibility. We all have a role to play.

## POLICY SCOPE

This policy is a guide to all staff, including teachers, governors, and non-teaching staff. It outlines our approach to promoting pupil mental health and wellbeing. It should be read and understood alongside our other relevant school policies.

## POLICY AIMS

The aim of our policy is to demonstrate our commitment to the mental health of our staff and pupils. At our school, we will always:

- Help children to understand their emotions and experiences better.
- Ensure our pupils feel comfortable sharing any concerns and worries.
- Help children to form and maintain relationships.
- Encourage children to be confident and help to promote their self-esteem.
- Help children to develop resilience and ways of coping with setbacks.

We will always promote a healthy environment by:

- Promoting positive mental health and emotional wellbeing in all pupils and staff.
- Celebrating both academic and non-academic achievements.
- Promoting our school values and encouraging a sense of belonging and community.
- Providing opportunities to develop a sense of worth and to reflect.
- Promoting our pupils' voices and giving them the opportunity to participate in decision making.
- Celebrating each pupil for who they are and making every pupil feel valued and respected.
- Adopting a whole school approach to mental health and providing support to any pupil that needs it.
- Raising awareness amongst staff and pupils about mental health issues and their signs and symptoms.
- Enabling staff to respond to early warning signs of mental-ill health in pupils.
- Supporting staff who are struggling with their mental health.

## KEY STAFF MEMBERS

All staff members have a responsibility to promote the mental health of pupils and each other. However, certain staff members have a specific role in the process. These are:

- Our Designated Safeguarding Officers: Mrs Andrea Gaukroger, Mrs Beverley Holmes
- Mental Health Lead: Andrea Gaukroger.
- Mental Health/Pastoral Staff: Andrea Gaukroger, Dulcie Norton, Matthew Gaukroger, Lisa Stansfield, Hayley Warburton
- SEND Team: Andrea Gaukroger, Amy Smith, Rachel Bradley

If a member of staff is concerned about the mental health and wellbeing of a pupil, then in the first instance they should speak to: staff name(s). If a child presents a medical emergency then relevant procedures will be followed, including involving the emergency services.

## TEACHING ABOUT MENTAL HEALTH

Our PHSE, RSHE and RE curriculums are developed to give pupils the skills, knowledge, and understanding they need to keep themselves mentally healthy. This includes resilience techniques and training. We will regularly review the curriculum and lesson content to ensure that they're meeting the

aims outlined in this policy. We'll also implement this into our curriculum at all stages to provide pupils with strategies to help keep them mentally well.

## SUPPORT AT SCHOOL AND IN THE LOCAL COMMUNITY

We have a range of support available in school for any pupils struggling, as listed below:

- ReachoutASC Services
- Acorn Psychology
- Brighter Lives
- ELSA trained staff
- Lunchtime support for identified pupils and one open door on Fridays

Support in the local community: See appendices.

- Child Adolescent Mental Health Services (CAMHS).
- ELCAS
- School Nurses
- St Leonard's Church
- Blackburn diocese

## SIGNPOSTING

We will ensure that all staff, pupils, and parents are aware of the support that's available in our school for mental health. This includes how to access further support, both inside and outside of school hours.

## IDENTIFYING NEEDS AND WARNING SIGNS

All of our staff will be trained in how to recognise warning signs of common mental health problems. This means that they will be able to offer help and support to pupils who need it, when they need it. These warning signs will always be taken seriously and staff who notice any of these signs will communicate their concerns with the Designated Safeguarding Officer as appropriate.

Staff will be able to identify a range of behaviour and physical changes, including:

- Physical signs of harm.
- Changes in eating and sleeping habits.
- Increased isolation from friends and family and becoming socially withdrawn.
- Changes in mood.
- Talking and/or joking about self-harm and/or suicide.
- Drug and alcohol abuse.
- Feelings of failure, uselessness, and loss of hope.
- Secretive behaviour.
- Clothing unsuitable for the time of year, e.g. a large winter coat in summer.
- Negative behaviour patterns, e.g. disruption.

Staff will also be able to identify a range of issues, including:

- Attendance and absenteeism.
- Punctuality and lateness.
- Changes in educational attainment and attitude towards education.
- Family and relationship problems.

Finally, staff will be well placed to identify any additional needs arising from difficulties that may impact a child's mental health and wellbeing, such as bereavement and health difficulties.

## MANAGING DISCLOSURES

If a pupil discloses concerns about themselves or a friend, to any member of staff, then all staff will respond in a calm, supportive, and non-judgemental manner. All disclosures will be recorded confidentially on CPOMs and only shared with the appropriate authorities if it's necessary to keep the child safe, in line with our Safeguarding Policy.

The disclosure record will contain

- The date of the disclosure.
- The name of the staff member to whom the disclosure was made.
- The nature of the disclosure and the main points from the conversation.
- Agreed next steps.

## CONFIDENTIALITY

If a member of staff thinks it's necessary to pass on concerns about a pupil, either to somebody inside the school or somebody outside it, then this will first be discussed with the pupil. They will be told:

- Who the staff member is going to tell.
- What the staff member is going to disclose.
- Why it's necessary for somebody else to be told.
- When the contact will be.

However, it may not be possible to gain the pupil's consent first, such as in the case of pupils who are at immediate risk. Protecting a pupil's safety is our main priority so we would share disclosures if we judged a child to be at risk.

## WHOLE SCHOOL APPROACH

We take a whole school approach towards the mental health of our pupils. This means working with parents and carers and with other agencies and partners, where necessary.

## WORKING WITH PARENTS AND CARERS

We aim to support parents as much as possible. This means keeping them informed about their child and offering our support at all times. To support parents we will:

- Highlight sources of information and support about mental health and emotional wellbeing that we have in our school.
- Share and allow parents to access further support.
- Ensure that parents are aware of who to talk to if they have any concerns about their child.
- Give parents guidance about how they can support their child's/children's positive mental health.
- Ensure this policy is easily accessible to parents.
- Keep parents informed about the mental health training our school staff receive and how mental health is covered in our school curriculum.

## WORKING WITH OTHER AGENCIES AND PARTNERS

As part of our whole school approach, we will also work with other agencies to support our pupils' emotional health and wellbeing. This might include liaising with:

- The school nurse.
- Paediatricians.
- CAMHS.
- Counselling services.
- Therapists.
- Early help, Social Care
- Family support workers.
- Behavioural support workers.

## SUPPORTING PEERS

We understand that, when a pupil is suffering from mental health issues, it can be a difficult time for their peers. In response to this, we will consider, on a case by case basis, any peers that may need additional support. We will provide support in a one-on-one or group setting. These sessions will be guided by the pupil, but they will discuss how peers can help, how peers can access support themselves, and healthy ways of coping with any emotions they might be feeling.

## TRAINING

All staff will receive regular training in child mental health so that they can recognise and respond to mental health issues. This will form part of their regular safeguarding training and is a requirement to keep children safe. Training records will be held in staff files. We will post all relevant information, and additional information, on our school website so staff can learn more about child mental health. We will consider additional training opportunities for staff and we will support additional CPD throughout the year where it becomes appropriate due to developing situations with pupils.

## POLICY REVIEW

This policy will be reviewed every year. This is so that it remains up to date, useful, and relevant. We will also regularly review it in accordance with local and national policy changes.

Last Reviewed - April 2022

# **Child and Adolescent Mental Health Services (CAMHS) in Lancashire**

# Q&A



## Child and Adolescent Mental Health Services (CAMHS) in Lancashire Q&A

Do you have concerns about the emotional health of the children and young people that you are working with? If you have accessed your local resources and there still appears to be a need then you may need to access the CAMHS service.

We have put together some questions and answers to help you find out more about our service and explain when you should request our involvement with a child or young person.

### What is CAMHS?

The term 'CAMHS' can mean different things to different people. All Lancashire's children's workforce are part of 'Comprehensive CAMHS' which means that we all contribute to promoting positive emotional health and resilience in the children, young people and families that we work with. However we will use 'CAMHS' to refer to the small, locality based, multi agency teams sometimes referred to as 'Tier 3' that provide specialist responses to highly complex emotional and psychiatric needs.

### I work with children, can I refer to CAMHS?

You can. Each CAMHS team takes requests for involvement from child care professionals. Some teams require an open Common Assessment Framework, although all will give advice if contacted.

### Do CAMHS see all children that have emotional issues?

CAMHS is a highly specialist multi agency service for children with mental illnesses or very complex emotional difficulties. In the children's workforce we all have a responsibility to children's emotional health and it's those with specialist needs that are seen by CAMHS. Your local CAMHS team will give advice if you are unsure whether to request CAMHS involvement.

### Do CAMHS see children that self harm straight away?

A CAMHS emergency response will be the next working day but if possible a team of two workers will see the child the same day if they are fit to be assessed. Guidance for staff on suicide and self harm has recently been developed by CAMHS and is on the LSCB Tri X procedures.

### How long does it take to be seen by CAMHS?

A small service will always be affected by high demand at times, but the vast majority of children and young people in Lancashire are seen within six weeks of referral.

### Do CAMHS work with schools?

CAMHS is a small, specialist service that cannot cover all of Lancashire's 600 plus schools. However, each CAMHS team will give advice and referrals can be made by school staff. Our service specification from April 2012 will ensure that 20 per cent of CAMHS capacity is aimed at support and developing capacity in universal and targeted services. In addition an e-learning modular training programme on the emotional health of children will soon be available to all staff through the Children and Young People's Trust website.

### Are children placed on adult psychiatric wards?

No under 16 year olds are placed on adult wards. We now use 'The Junction', in Lancaster, a residential unit for 12 to 16 year olds and The Platform, in Preston, for 16 and 17 year olds. Both were created on an excellent model of participation with young people and are available to children and young people from across Lancashire.

### Is the development of CAMHS seen as a priority in Lancashire?

Yes, the Lancashire Children and Young People's Trust Board directly oversees the work of the multi agency County CAMHS and Emotional Wellbeing Group.



## Do Children who are Looked After and those Adopted get priority?

SCAYT + is an integral part of the Comprehensive Child and Adolescent Mental Health Service in Lancashire.

The team provides a targeted service of advice on the emotional health and other child care within the service.

staff. Adopted children and their parents are also seen by the service. SCAYT

by the completion a quality mark with criteria that seeks to improve acceptability, accessibility, quantity of the Strengths and Difficulties (SDQ) questionnaires, a national indicator for the and choice of health services for young people. They are the only service to receive

'Emotional Health of Children Looked After'.

Carers of Children Looked After booking a 'Caring Advice That Helps' (CATH) slot using the 'You're Welcome' criteria. involvement can contact:

SCAYT+ on **01772 538880**, then

For SCAYT+ East, press option 1

For SCAYT+ North, South and Central, press option 2

Adoptive families can access the service through the Lancashire Post Adoption

Service on **01772 537135**

## Are there different CAMHS in different parts of Lancashire?

### Are CAMHS available out of hours?

There is a CAMHS out of hours procedure that ensures that the Lancashire Emergency Duty Team (EDT) are able to access advice from 'The Junction' outside of office hours. Any CAMHS issues are then given to CAMHS teams for action on the next working day.

## Do Children and Young People have a say in CAMHS? access to CAMHS as a

Children and young people are given lots of opportunities to have their say and participate in CAMHS. A recent audit of the service found that young people, and their parents, were central to the decision making process.

'The Junction' and 'The Platform' are both good examples of participative practice

Central Lancashire CAMHS have recently been awarded the You're Welcome award, + provides an immediate response following any issues raised

the award in the North West, and one of only three in the country.

In East Lancashire young people have been getting involved by 'mystery shopping' and looked after children professionals requesting service

In North Lancashire the Emotional Wellbeing Partnership has commissioned participation work which is providing Peer Support Groups and an audit of multi agency, statutory and non statutory emotional wellbeing services. The Strategic Partnership membership now includes young people representation and meeting

times have been altered accordingly.

## How do young offenders access CAMHS?

from the SCAYT + team.

A new commission for the Lancashire Young People's Service includes a specific duty to address the emotional wellbeing of those young people in contact with the

CAMHS are delivered by two major providers across Lancashire. East Lancashire Lancashire Care ensure a link between the services.

Foundation Trust for the rest of Lancashire. Services are very similarly organised

and delivered. From April 2012 a common service specification is in place across Lancashire.

## Do older teenagers receive CAMHS?

a service up to a young person's 16th Birthday. Lancashire Care allocates 20 per cent of its resource to advice and support for workers in universal Foundation Trust deliver age and developmentally appropriate services for 16 and 17 and targeted services. year olds.

In addition the parents and carers of Looked After and adopted children have support

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service. This is a new set of services which will be available throughout Lancashire

West Lancashire CAMHS - Westgate House, Hillside Health Centre, Tanhouse Road, in 2012. Skelmersdale, WN8 6DS.

**Tel: 01695 588430**

## Where do I find my local CAMHS Team?

See below for CAMHS contact details in Lancashire. Your local CAMHS team will be Piccadilly, Ashford Road, Lancaster, LA1 4PW.

Please note this service is accessible through the community CAMHS teams

happy to discuss any issues with you: The Junction,

### Community CAMHS:

The Platform, Royal Preston Hospital, Sharoe Green Lane North, Preston, PR2 9HT.

**North Lancashire**

There are CAMHS health workers who are based in Youth Offending teams who

Hospitals Trust, cover East and Blackburn with Darwen, and

## What about children and young people who have other emotional health needs?

Although the majority of CAMHS work is with children and young people who have

highly complex emotional and psychiatric needs from April 2012 each CAMHS team CAMHS deliver

Foundation Trust deliver age and developmentally appropriate services for 16 and

17 and targeted services. year olds.

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Lancaster and Morecambe - Ross Children's Centre, Euston Road, Morecambe, LA4

5LE. **Tel: 01524 834140**

Fylde and Wyre - Blackpool, Fylde and Wyre CAMHS, Whitegate Health Centre,

Whitegate Drive, Blackpool, FY3 9ES. **Tel: 01253 657166**

## East Lancashire

The Mount, CAMHS, East Lancashire Hospitals NHS Trust, Whalley Road, Accrington, BB5 5DF. **Tel: 01254 226336/4**

ELCAS, Burnley General Hospital, Casterton Avenue, Burnley, Lancashire, BB10 2PQ. **Tel: 01282 804804**

## Central Lancashire

Chorley and South Ribble CAMHS - Shawbrook House, Balcarres Road, Leyland, PR25 3ED. **Tel: 01772 644644**

Preston CAMHS - Ellen House, 1-3 Ellen Court, Preston, PR1 7RH.

**Tel: 01772 777344**

## County Council?

You can call our team on **01772 538880** or email **[lcccamhs@lancashire.gov.uk](mailto:lcccamhs@lancashire.gov.uk)**



## Appendix 2

<https://twitter.com/StLeonardsCofEP/status/1244960516012945408>

<https://twitter.com/NSPCC/status/1246739863262629888>

<https://twitter.com/NSPCC/status/1246403648944517120>

<https://twitter.com/GiveUsAShout/status/1252284800385384450>

<https://twitter.com/OneYouPHE/status/1180898596255866880>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

National Online Mental Health/online Info-graphs <https://www.st-leonards.lancs.sch.uk/digital-safety-guides/>

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

<https://lancashireschoolgames.co.uk/stay-in-work-out/>

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.gonoodle.com/>

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ> (Joe Wicks)

<https://www.headspace.com/>

<https://twitter.com/youngmindsuk/status/1255485453073072131?s=21>

[https://twitter.com/elht\\_nhs/status/1255451996800368648?s=21](https://twitter.com/elht_nhs/status/1255451996800368648?s=21)



### [Meditation and Sleep Made Simple - Headspace](#)

From waking up in the night to switching off after a long day, create the conditions for a restful night's sleep with sleepcasts, music, and other unique audio experiences.

[www.headspace.com](http://www.headspace.com)



[Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(COVID-19\) outbreak - GOV.UK](#)

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak

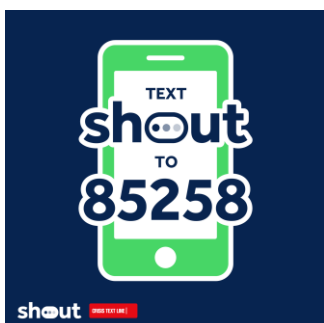
[www.gov.uk](http://www.gov.uk)



[One You on Twitter](#)

"Get simple steps to better mental health with a free action plan from Every Mind Matters #everymindmatters"

[twitter.com](https://twitter.com)



[Shout UK on Twitter](#)

"If you are feeling overwhelmed, anxious, worried or lonely, you can text Shout to 85258 for free mental health crisis support from a trained Crisis Volunteer"

[twitter.com](https://twitter.com)