

Holly Lodge High School

College of Science



SEMH Policy September 2018

Date Adopted: _____

To be reviewed: _____

Signed by Governors: _____

Signed by Head Teacher: _____

This policy aims to:

1. Promote positive mental health for every member of our staff and student body.
2. Increase understanding and awareness of common mental health issues.
3. Alert staff to early warning signs of mental health.
3. Develop and implement practical, relevant and effective mental health procedures for staff and students.
4. Promote a safe and stable environment for students affected both directly and indirectly by mental ill health.

Mission Statement

The mission of Holly Lodge Science College is to provide each student a diverse education in a safe, supportive environment that promotes self-discipline, motivation, and excellence in learning. The Holly Lodge Science College team joins the parents and community to assist the students in developing skills to become independent and self-sufficient adults who will succeed and contribute responsibly in a global community.

Holly Lodge offers students a secure and purposeful environment in which every individual is valued and provides them with a wealth of curricular and extra-curricular opportunities. Students enjoy school, feel safe and are well prepared for the next stages of their education or employment.

Mental Health and Wellbeing Statement

‘Our vision is of a world where people understand and talk openly about depression, where people know how to maintain wellbeing, and where the most appropriate treatment is available to everyone who needs it’¹

One in ten children and young people aged 5-16 has a clinically diagnosed mental health disorder and around one in seven has less severe problems². Parental mental illness is associated with increased rates of mental health problems in children and young people, with an estimated one-third to two-thirds of children and young people whose parents have a mental health problem experiencing difficulties themselves³.

Holly Lodge High School promotes the mental and physical health of all our staff and pupils, the health and wellbeing of our pupils is important and is promoted in;

- PDM Mornings (Personal Development)
- Citizenship Lessons
- Assemblies.
- SIDS days (Subject Immersion Days)
- School Nurse sessions
- Mentoring sessions
- SEN department

Any member of staff who is concerned about the mental health or wellbeing of a student should speak to the mental health lead in the first instance who is _____. If there is a fear that the student is in

¹ Taken from the Charlie Waller Memorial Trust cwmt.org.uk

² Taken from Mental Health Problems in Children and Young People chapter 10 Margaret Murphy and Peter Fonagy

³ As above

danger of immediate harm then the normal child protection procedures should be followed with an immediate referral to the designated child Safeguarding Officer. If the student presents a medical emergency then the normal procedures for medical emergencies should be followed, including alerting the first aid staff and contacting the emergency services if necessary.

Where a referral to **CAMHS** is appropriate, this will be led and managed by the pastoral or **SEN** team.

Highlighting the warning signs and risk factors of mental health to staff

Signs and symptoms of mental or emotional concerns

Behaviour difficulties do not necessarily mean that a child has mental health problems or special educational needs.

However the consistent disruption or withdrawn behaviours can be an indication of an underlying problem.

Only medical professionals should make a diagnosis of a mental health condition.

As a school Holly Lodge High School will observe children on a day-to-day basis and identify behaviours that suggest a child may be suffering from mental health problems or at risk of developing one.

Holly Lodge High School will use data effectively so that changes in pupil's behaviour, progress and attendance are noticed and can be acted upon.

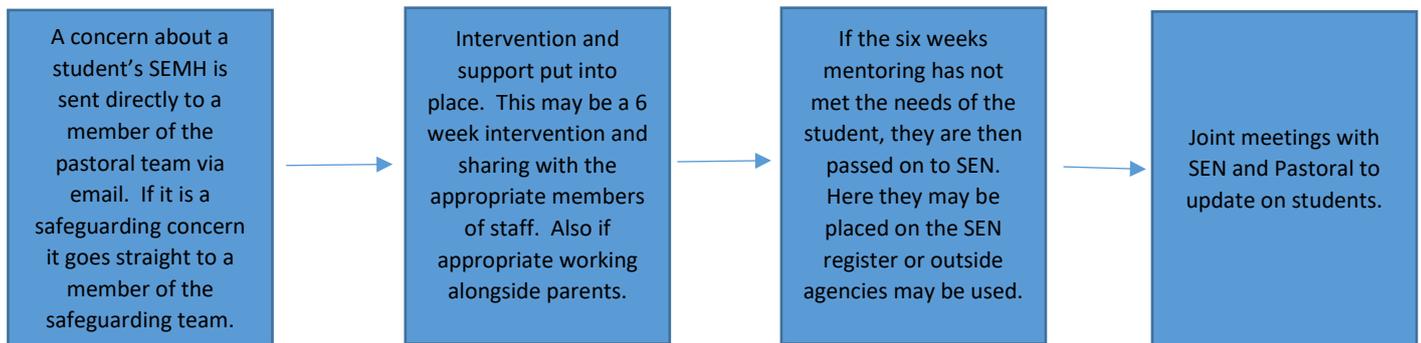
Holly Lodge High School have effective subject teachers, form tutors, pastoral and personalisation team so at least one member of staff knows every child well and can spot where unusual behaviour may have a root cause that needs addressing.

Warning Signs

School staff may become aware of warning signs which indicate a student is experiencing mental health or emotional wellbeing issues. These warning signs should **always** be taken seriously and staff observing any of these warning signs should communicate their concerns with the mental health lead, possible warning signs include:

- Physical signs of harm that are repeated or appear non-accidental
- Changes in eating / sleeping habits
- Increased isolation from friends or family, becoming socially withdrawn
- Changes in activity and mood
- Lowering of academic achievement
- Talking or joking about self-harm or suicide
- Abusing drugs or alcohol
- Expressing feelings of failure, uselessness or loss of hope
- Changes in clothing – e.g. long sleeves in warm weather
- Secretive behaviour
- Skipping PE or getting changed secretly
- Lateness to or absence from school
- Repeated physical pain or nausea

Reporting a mental health concern



Training

As a minimum, all staff will receive regular training about recognising and responding to mental health issues as part of their regular child protection training in order to enable them to keep students safe.

Training opportunities for staff who require more in depth knowledge will be considered as part of our performance management process and additional CPD will be supported throughout the year where it becomes appropriate due developing situations with one or more students.

Where the need to do so becomes evident, we will host twilight training sessions for all staff to promote learning or understanding about specific issues related to mental health.

Confidentiality and information sharing

A pupil may choose to communicate to a member of staff if they are concerned about their welfare or of another student's welfare. If a member of staff considers a student is at serious risk of causing themselves or others harm then confidentiality cannot be kept and pupils should be made aware of this. Staff should not make any promises to pupils of confidentiality even if a student puts pressure on staff. Confidentiality will be maintained within the boundaries of safeguarding the student. The Safeguarding Officer will decide what information is appropriate to pass on to parents and appropriate staff on a need to know basis.

Absences relating to mental health and wellbeing

If a student is absent from school for any length of time the schools attendance policy will be followed. Arrangements will be made to send work home under discussion with medical professionals who are treating the student. If the school is concerned that the student is struggling or being in school has an effect on their wellbeing or safety of other students, staff or themselves the Safeguarding Officer can request that the pupil withdrawn from school temporarily until appropriate actions have been met. The attendance officer will be made aware of any absence taking place.

Reintegration to school

If a pupil should require some time out of school, the school will be fully supportive of this and every step will be taken to ensure a smooth return back into school when the pupil is ready. The Mental Health Lead will work alongside the Attendance Officer, Heads of Year, parents and pupils to draw an appropriate care plan. The pupil should have some ownership of the care plan so they feel they have control over the situation. The return to school if deemed appropriate will be agreed with parents.

Useful links

Young Minds – http://www.youngminds.org.uk/for_parents

Child Line – <http://www.childline.org.uk>

NHS – <http://nhs.uk/livewell/mentalhealth/Pages/Mentalhealthhome.aspx>

Stem4 – <http://stem4.org.uk/>

Mental Health Foundation – <http://mentalhealth.org.uk/>

NSPCC - <https://www.nspcc.org.uk>

Kooth – www.kooth.com