



Mental Health and Well Being

The mental health and well being of all members of our school community, both children and staff, is of paramount importance at Hazeldene School.

It is a primary aim that every member of the school community feels valued and respected, and that each person is treated fairly and well. We are a caring community, whose values are built on mutual trust and respect for all. Please see supporting policies such as Behaviour policy, Anti-Bullying policy, Child Protection policy, Special Educational Needs and Disability policies and Equal Opportunities policies, amongst others. They can be found by following this link: <http://www.hazeldeneschool.co.uk/AboutUs/policies.htm>

As stated in the Promoting children and young people's emotional health and wellbeing (Public Health England and Children and Young People's Mental Health Coalition, 2015), it is widely recognised that a child's emotional health and wellbeing influences their cognitive development and learning, as well as their physical and social health and their mental wellbeing in adulthood.

Children who are mentally healthy have been defined as able to:

- Develop psychologically, emotionally, intellectually and spiritually
- Initiate, develop and sustain mutually satisfying personal relationships
- Use and enjoy solitude
- Become aware of others and empathise with them, play and learn
- Develop a sense of right and wrong
- Resolve / face problems and setbacks and learn from them.

(‘Bright Futures’, a report by the Mental Health Foundation (1999) cited in Promoting Positive Mental Health, Emotional Wellbeing and Resilience, A whole school, college and settings toolkit, Bedford Borough Council 2018, p.5)

Whilst we have always placed high importance on ensuring the positive mental health and well being of all the children and staff at Hazeldene, we realise there is still more that can be done. There is growing momentum nationally to recognise the challenges that this country faces.

In an average class of 30 15-year-old pupils it is thought that:

- Three could have a mental disorder
- Ten are likely to have witnessed their parents separate
- One could have experienced the death of a parent
- Seven are likely to have been bullied
- Six may be self-harming

(Emotional Wellbeing and Resilience, A whole school, college and settings toolkit, Bedford Borough Council 2018, p.5)

The Government's green paper 'Transforming children and young people's mental health' (December 2017, updated July 2018) places emphasis on schools adopting a whole school approach. The Good Childhood Report (Children's Society, 2018) states that children's well being is crucial not just for their own lives, but for society as a whole. Both documents make clear that there is much to be done and early intervention is key. Equally, much has been reported in the media such as the campaign by Prince Harry and the Duke and Duchess of Cambridge about the need to address mental health.

Therefore Helen Ward with the senior leadership team and governors have decided that mental health and well being is a school development plan priority for 2018/19. This provides an opportunity for self evaluation; to celebrate and acknowledge current good practice and identify areas for development. Children and all members of the community are central to the process and their voices must be heard.

Vicky Norman has been identified as the Mental Health and Well Being Lead.

Jean-Francois Jacques is the named governor for Mental Health and Well Being.

A core Well Being Team has been established. The members are:

Vicky Norman (Mental Health and Well Being Lead, Special Educational Needs and Disabilities Coordinator, SLT Member and Leader for Lower KS2)

Jade Chapman (PSHCE Lead, E Safety Lead, Year 2 Class teacher)

Tina Jeffers (Learning Mentor, School Council Coordinator, Joint Leader for forest Schools, with first class honours degree in Child and Adolescent Studies, with dissertation focus on 'how learning mentors can enhance primary school aged children's resilience to maintain mental health and well-being'. School Safeguarding Officer.)

Mel Hale (Learning Support Assistant with 'Children and Young People's Mental Health and Wellness' Diploma (distinction) and member of the International Alliance of Holistic Therapists.)

Julia Hearl (Learning Support Assistant, Qualified General Nurse, with experience in acute psychiatry, paediatric care, palliative care)

Jean-Francois Jacques (Governor for Mental Health and Well Being and supporting governors for SEND,)

(Other members of the school community are also welcome to join and others will be invited to attend according to the agenda of the meetings. The senior leadership team will be informed of the team's work, as will the staff, children, parents and governors.)

Bedford Borough's Early Help and Intervention Service and School Improvement Teams with support from schools and other universal services, in association with the East London NHS Trust and Public Health England, have worked to create a toolkit called ***Promoting Positive Mental Health, Emotional Well Being and Resilience (July 2018)***. It is this document that will be supporting the work carried out at Hazeldene, primarily around the following key areas:

- Leadership and Management that supports and champions efforts to promote positive emotional health and well being
- Curriculum teaching and learning to promote resilience and support social and emotional learning
- Enabling student voice to influence decisions
- Staff development to support their own well being and that of students
- Identifying need and monitoring the impact of interventions
- Working with parents and carers
- Targeted support and appropriate referral
- An ethos and environment that promotes respect and values diversity

Hazeldene's Target is:

to adopt a whole school approach to positive mental health, emotional wellbeing and resilience amongst children and staff, leading to children and staff feeling mentally healthy with a good sense of well being.

Success Criteria

- Children and staff feel happy, valued and secure at Hazeldene with positive mental health and a good sense of wellbeing
- Improved understanding of mental health and wellbeing identification
- Improved approaches to targeted support and monitoring
- Improved teaching and learning opportunities developed throughout the curriculum
- Good attendance rates of children and staff
- Children achieve academic success through reaching academic targets
- Improved understanding of self help techniques such as mindfulness
- Improved organisational/ operational systems to support staff wellbeing
- Improved physical and emotional environment to support positive mental health and wellbeing for children and staff

A detailed action plan has been created and will be subject to ongoing review throughout the year by the well being team, senior leaders and the wider staff, the children and governors and school improvement partner.

For more information, please do get in touch. The contact details are as follows:

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The Head Teacher is Mrs Helen Ward who can be contacted via the school office:

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