

Appendix 2 The Principles of a Mentally Healthy School

Bickleigh-on-Exe Primary School

SCHOOL ETHOS AND ENVIRONMENT

School Contribution:

Ethos group across schools checks and challenges Christian input and spirituality development

We create a sense of belonging by celebrating individual and team achievements

We teach the school vision and values in our PSHE lessons, including focussing on our Golden values. Displays and assemblies also focus on our Golden values.

Every class room has a reflection space

Designated areas within the school where young people can have space and calm down- Green Room

Outdoor learning – Forest schools

Whole school afternoon break time

Mental health ambassadors - Modelling of the 10-a-day choices for mental health, assemblies

Engaging playtime activities and equipment

Sports leaders

Information and displays on a range of aspects of being mentally healthy, what mental health is, including the 10 a day options for looking after our mental health

Community Contribution:

Ethos group

Governors

Church

Community police help us to create a safe environment

National Contribution:

Our Mental Health Champion is our designated member of staff with the responsibility to stay informed of national guidance and policies regarding mental health

Using opportunities from National Mental Health Day & Week to promote awareness

Using resources from National organisations visually in the school, via display boards, website and newsletters.

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LEADERSHIP AND MANAGEMENT

School Contribution:

Mental health policy and Principles

Mental Health Ambassadors – having regular Ventrus wide training and input

Community Contribution:

Regular meetings with Heads of local schools / Ventrus Heads/ SENDCo Ventrus network

Support from Ventrus

Diocese support

National Contribution:

Department of Education guidance

Ofsted

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CURRICULUM TEACHING AND LEARNING

School Contribution:

PSHE Curriculum – 1decision

Forest School groups – Thrive approaches used

Collective worship themes

Growth mindset

Regular use of student and staff led assemblies to promote mental health topics.

Circle time – responsive to class needs

Pupil of the week

Adult/ Child relationships

Strong PE provision and extra curricular clubs

Behaviour policy and expectations

Community Contribution:

Trips and visitors

Reverend Tom weekly visit

Support for charities

Bikeability

School nurse

Life skills year 6

National Contribution:

DfE recommendations

We use Personal Social Health & Education resources to develop underpinning skills and attributes applicable to all aspects of life, resilience.

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STUDENT VOICE

School Contribution:

School council

Relationships with staff

Student Mental Health Ambassadors

Pupil voice in the IEPs

Pupil welfare meetings

Children's attendance at / contribution to Team Around the Family meetings

School reports have child input

Community Contribution:

Church visits and presentations

Encouraging students to attend local youth groups

Open Minds

Links with local community

National Contribution:

Pupil's contribution to Ofsted

Balloons

Resources from national charities – Mind, Childline

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STAFF DEVELOPMENT, HEALTH AND WELL- BEING

School Contribution:

Appraisals and clear line management system in place

PPA time for teachers

Work life balance day

Training for staff (need identified by appraisals, and also whole school training)

Culture of support

Culture of saying "thank you" to help staff feel valued

Social events for staff / Termly staff socials

Good line management systems in the school

SLT reviewing work load and well-being

Celebrating birthdays

Sporting events for staff – parkrun/ staff netball

Mental Health posters

Community Contribution:

Ventrus network meetings

Education Support Partnership – supervision for staff

Occupational health

National Contribution:

Mentally Healthy Schools Website - for primaries, from Heads Together Campaign, including information on range of mental health difficulties in children, risks and protective factors and what schools can do (www.mentallyhealthyschools.org.uk)

Teaching Unions

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IDENTIFYING NEED AND MONITORING IMPACT

School Contribution:

Pupil conferencing

LGB meetings

Parental surveys

Class observations

Learning walks

Staff coaching

Class Teachers play an essential role in helping to identify and monitor their students' needs.

Speech and Language Link

Boxall Profiling

The Special Educational Needs Register and School based plans

Pupil welfare meetings

Inspections

Community

The school links with teams across Integrated Children's Services with regards to individual children's needs, including working with a family to complete a referral to CAMHS or helping empower a young person or family to make that referral (via devon.integratedchildrensservices.co.uk or phoning 0330 024 5321 and asking for a referral form)

Educational Psychology Services provide assessments and reviews on individuals, training and support for staff in meeting those children's educational, social and emotional needs as appropriate

Public Health Nurses work with individual children and families in the school.

Multi-Agency Safeguarding Hub and Children & Young People's Services

The Community Police Service provides awareness to staff and students about keeping safe.

National Contribution:

Linking with SHEU for their surveys, information about young people across Devon and links to current research, help us to better understand pupil's behaviours and perceptions in relation to their physical and emotional health and well-being

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WORK WITH PARENTS/ CARERS

School Contribution:

Work alongside families using the Team Around the Family approach, so there is a united approach from school & home, which is bespoke to support the individual family

Parent Information Events/ Parents invited to class assemblies

Parents evening/ calls home/ reports

Termly class meetings that all parents are invited to, to go through whole school learning programmes and what the children will be learning in class, and what the children will need

School based plans for SEND and Boxall profile for SEMH

SENDCo works closely with families

Toddler group

Mindfulness parent workshops

Parent response questionnaire

Communicate to parents/ carers via website, texts and newsletters

New starter home visits

Parent Governors

Community Contribution:

Family support worker and other services accessed through Early Help

Children's centre services accessed for parenting groups

Operation Encompass

Parish church / vicar

Bis-net Behaviour Support Service

Devon young carers service

DIAS

SPLITZ (Domestic Abuse Support Service)

PTA events

CAMHS

Early Help

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National Contribution:

NSPCC

Thinkuknow

CAFCASS

Relate

Formal assessments (SATs feedback)

SAFE

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COMMUNICATION

School Contribution:

Newsletters / texts / phone calls home

Pupil welfare meetings

Microsoft Teams and Tapestry online learning platforms

Whats app groups

Parents evening

Welcome to class meetings

CPOMS

Internet safety evening

Secondary transition

Home visits for New Year R children

Community Contribution:

South West grid for Learning

National Contribution:

DFE updates

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TARGETED SUPPORT

School Contribution:

- SBPs / Interventions
- Open Minds / mindfulness/ relax Kids
- Outdoor learning
- Mental Health Ambassadors
- BSC and ASC
- Home visits
- Calming activities/ fidget toys
- House groups
- Celebration assembly
- Lego therapy/ ball therapy
- Pre- teaching
- Speech and Language interventions
- Targeted meet and greet
- Boxall plans

Community Contribution:

- Balloons
- Diabetic team
- EP
- Children's services
- Children's centre
- Health visitor
- SAFE
- Sch

National Contribution:

CAFCASS

National Autistic society

SIAMS