

York High School

Resilience – Aspiration - Success

Pupil Well-being Policy

Adopted by Governors: May 2023

Review timetable: 3 years



Introduction

At York High School, we are committed to supporting the mental health and wellbeing of pupils, parents, carers, staff and other stakeholders.

This policy was written in consultation with the NHS Wellbeing in Mind Team.

- It is estimated that 10% of all children aged 5-16yrs experience mental health needs. 50% of those with life-long mental health problems first experienced symptoms by the age of 14 years.
- Many students will be able to cope with mental health problems with minimal support but others will need more intensive support.
- At York High School we believe that it is essential to support students with mental health problems to enable them to reach their full potential.
- At York High School we understand that some mental health difficulties are temporary due to exceptional circumstances while others reflect emerging longer term mental health illness.

Aims of this policy

- Promote positive mental health and wellbeing across the whole school
- Create a culture of wellbeing and inclusion
- Foster a positive atmosphere in school, where pupils feel able to discuss and reflect on their own experiences with mental health openly
- Celebrate all of the ways pupils achieve at our school, both inside and outside the classroom
- Allow pupils to participate in forming our approach to mental health by promoting pupil voice
- Give pupils the opportunity to develop their self-esteem by taking responsibility for themselves and others
- Spread awareness of the varieties of ways mental health issues can manifest
- Support staff to identify and respond to early warning signs of mental health issues
- Provide support to staff working with pupils with mental health issues

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- Provide support and access to resources to pupils experiencing mental ill health alongside their peers, their families and the staff who work with them

Links to other Policies

This policy links to our policies on Safeguarding, Inclusion, Looked After Children, Anti-Bullying, Behaviour and Discipline, Personal Social Health Education (PSHE), Sex and Relationships Education (SRE) and Special Educational Needs and Disabilities (SEND) Policy.

Links with the Behaviour and Discipline Policy are especially important because behaviour, whether it is disruptive, withdrawn, anxious, depressed or otherwise, may be related to an unmet mental health need. We consider ***behaviour to be a message***.

Definition of 'mental health' & 'wellbeing'

We use the World Health Organisation's definition of mental health and wellbeing: ***... a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.***

Mental health and well-being is not just the absence of mental health problems. We want all children/young people to

- feel confident in themselves
- be able to express a range of emotions appropriately
- be able to make and maintain positive relationships with others
- cope with the stresses of everyday life
- manage times of stress and be able to deal with change
- learn and achieve

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Summary of Key Responsibilities

- Senior Pastoral Leader has overall responsibility for the Schools Well Being Strategy
- All staff are made aware of the terms of this policy and their responsibilities arising under it
- The policy is kept under review and updated every three years
- Appropriate training will be given to all staff
- Students and staff are encouraged to bring to attention of relevant pastoral staff any mental health difficulties so that appropriate support measures can be put in place
- The school has a responsibility to keep all students and staff safe – physically and emotionally - by offering an emotionally safe environment, free from discrimination, bullying or stigma.

YHS will ensure that:

- At YHS we have a commitment to encourage and celebrate all aspects of pupils' skills, capacities and interests in addition to academic assessments and achievements
- All staff understand about possible risk factors that might make some children more likely to experience problems; such a physical long-term illness, having a parent who has a mental health problem, death and loss, including loss of friendships, family breakdown and bullying.
- Reasonable adjustments in Teaching and Learning are considered for students falling under the DDA definition of disability
- Clear information on how to access support is given to students
- Students have access to the school wellbeing service and NHS Wellbeing in mind Team
- There is a positive promotion of good mental health preventing stigma and discrimination
- Students are referred to the correct external agencies
- We will work to establish and maintain positive relationships with parents and carers.
- Students will have accurate and relevant information about good mental health through PE/PSHE curriculum.

Staff at York High School will ensure that

Staff at YHS will

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- Work to make sure that mental health difficulties are not a barrier to success
- Treat all medical information sensitively on a 'need to know' basis unless there is a risk of harm to the young person
- Treat any disclosure of mental health difficulties seriously and refer students on to appropriate sources of support
- In the first instance staff should refer the student to the House Leader
- Where a student is in emotional crisis, requiring immediate intervention, the member of staff is to direct the student to pupil reception where an assessment of the situation can be made.
- Where students are facing significant difficulties then they will be offered time in IN1
- Each case will be assessed individually to offer a personalized response. In some circumstances friends/siblings will be allowed to stay with the individual who is in crisis
- Share relevant information with the appropriate external agencies

Warning signs

All staff will be on the lookout for signs that a pupil's mental health is deteriorating. Some warning signs include:

- Changes in mood or energy level
- Changes in eating or sleeping patterns
- Changes in attitude in lessons or academic attainment
- Changes in level of personal hygiene
- Social isolation
- Poor attendance or punctuality
- Expressing feelings of hopelessness, anxiety, worthlessness or feeling like a failure
- Abuse of drugs or alcohol
- Weight loss or gain
- Secretive behaviour
- Covering parts of the body that they wouldn't have previously
- Refusing to participate in P.E. or being secretive when changing clothes
- Physical pain or nausea with no obvious cause
- Physical injuries that appear to be self-inflicted

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- Talking or joking about self-harm or suicide

Building Resilience and Offering Support for students (See also Appendix 1)

- Day to Day support and guidance from House Leader and form tutor
- PHSE /SRE curriculum focusing on preventative intervention and effective coping strategies including healthy living, positive relationships and peer support, awareness of the 'bucket model of resilience'.
- Access to school nurse for advice
- Counseling service delivered by Noreen Reid including drop in sessions for students
- Support in the inclusion room, IN1
- Referrals to the school wellbeing service
- Referrals to the NHS Wellbeing in Mind Team
- Referrals to the school's Educational Psychologist
- Liaison with CAMHS for students requiring more intensive specialist support from Orca House
- Student Support Centre placements
- Pupil welfare and safeguarding officer Emma Masterman
- Senior Mental Health Lead James Walker
- Students that are reintegrating back into school after an episode/crisis or period of time off school may need a personalized learning programme. Some students with severe mental health needs may not be able to attend school on a full-time basis for a short period of time and will need a phased re-integration.

Making external referrals

If a pupil's needs cannot be met by the internal offer the school provides, the school will make, or encourage parents to make, a referral for external support.

A pupil could be referred to:

- GP or paediatrician
- CAMHS
- Mental health charities (e.g. [York Mind](#))

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➤ Local counselling services

Measuring Wellbeing

A pupil survey is carried out on a termly basis to help us measure the well-being of our pupils. This includes questions around the issues of learning, enjoyment, behaviour, safety, bullying, and support. The school is also committed to taking part in any City wide, regional or national surveys on well-being.

Confidentiality

- Any initial disclosure of a mental health difficulty to a member of York High School staff will be treated with sensitivity.
- Students will be made aware of who their information is being shared with and the reason for this.
- All disclosures are recorded and held on the pupil's confidential file, including date, name of pupil and member of staff to whom they disclosed, summary of the disclosure and next steps

Supporting and collaborating with parents and carers (See also Appendix 1)

We will work with parents and carers to support pupils' mental health by:

- Asking parents/carers to inform us of any mental health needs their child is experiencing, so we can offer the right support
- Informing parents/carers of mental health concerns that we have about their child
- Engaging with parents/carers to understand their mental health and wellbeing issues, as well as that of their child, and support them accordingly to make sure there is holistic support for them and their child
- Highlighting sources of information and support about mental health and wellbeing on our school website, including the mental health and wellbeing policy
- Liaising with parents/carers to discuss strategies that can help promote positive mental health in their child
- Providing guidance to parents/carers on navigating and accessing relevant local mental health services or other sources of support (e.g. parent forums)

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- Keeping parents/carers informed about the mental health topics their child is learning about in PSHE, and share ideas for extending and exploring this learning at home

When informing parents about any mental health concerns we have about their child, we will endeavour to do this face to face.

These meetings can be difficult, so the school will ensure that parents are given time to reflect on what has been discussed, and that lines of communication are kept open at the end of the meeting.

A record of what was discussed, and action plans agreed upon in the meeting will be recorded and added to the pupil's confidential record.

Signposting

Sources of support will be displayed around the school and linked to on the school website, so pupils and parents are aware of how they can get help.

The Senior Mental Health lead will be available to provide further information to pupils and parents/carers if they want to learn more about what support is available.

Sources of Mental Health support are available via the school's website, YHS-Cares website and internally on notice boards and via the Wellbeing Ambassadors.

We seek pupils' views and feedback about our approach and whole school mental health activities through student voice and our wellbeing ambassadors through their own pupil survey's, assemblies and notice boards.

Improved mental health and wellbeing is associated with a range of better outcomes for people of all ages and backgrounds. These include improved physical health and life expectancy, better educational achievement, increased skills, reduced health risk behaviours such as smoking and alcohol misuse, reduced risk of mental health problems and suicide, improved employment rates and productivity, reduced anti-social behaviour and criminality, and higher levels of social interaction and participation.

This policy is based on the following documents

- Mental Health Foundation-Mental Health in schools-Make it Count 2020
- PHSE Association-Guidance on teaching about mental health and emotional well-being.2019
- DFE Children's mental Health and behaviour in schools November 2018
- Mental Health Foundation-Mental Health in schools-Make it Count 2020

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- DCSF 'Promoting Emotional Health and Wellbeing in Children and Young People' 2010
- HMGov 'Early Intervention: Next Steps' (The Allen Report) 2011
- HMGov 'No Health Without Mental Health' 2011
- Children's Society report on 'The Good Childhood Index Report 2012'
- Children and Young People's Mental Health Coalition 'Resilience and Results: How to improve the emotional and mental wellbeing of children and young people in your school'. 2012

Appendix 1 - Student Wellbeing signposting resources

Student wellbeing signposting resources including how to access

Resources for student wellbeing		
For support on specific mental health needs		
Need / Service	What they offer	How to access
Anxiety UK	They offer support for people who are experiencing difficulties with anxiety, ranging from helpline services, support groups, courses to support manage anxiety, webinars and therapy services.	www.anxietyuk.org.uk Helpline: 03444 775 774 Text service: 07537 416 905
OCD UK	They are a service that is there to educate, offer hope and support people through the difficult times, right	www.ocduk.org Helpline: 01332 588112

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	through to recovery and everything in between.	
Eating Disorders	UK charity that can offer support to people who are experiencing difficulties with an eating disorder. They are able to listen, to help people to understand the illness, and support them to take positive steps towards recovery. They also support family and friends, equipping them with essential skills and advice.	www.b-eat.co.uk Helpline: 0808 801 0677 Email: help@beateatingdisorders.org.uk
National Self-Harm Network	This service is an online forum that aims to: Support individuals who self-harm to reduce emotional distress and improve their quality of life.	www.nshn.co.uk
Self-Harm	A service that offers free online self-harm support for 11-19's. They offer a free online 7 week course.	www.selfharm.co.uk
Suicidal Thoughts – PAPYRUS – prevention of young suicide	PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.	www.papyrus-uk.org Tel: 0800 068 4141 Text: 07860 039967 Email: pat@papyrus-uk.org
YorMind	This website offers information and services that support young people's	www.yormind.org.uk/

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	mental health and wellbeing around York.	
For general information and support		
Service	What they offer	How to access
5 ways to wellbeing	Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.	www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing
YorMind	This website offers information and services that support young people's mental health and wellbeing around York.	www.yormind.org.uk/
York Mind Helplines	York Mind Helplines is an information service that is also able to offer signposting. They provide information on mental health problems, where to get help near you, treatment options and information on advocacy services.	www.mind.org.uk/information-support/helplines/ Tel: 0300 123 3393
Samaritan's Helplines	The Samaritans is a charity that is able to offer support if you're having a difficult time or if you are worried about someone else. They will provide a	www.samaritans.org/how-we-can-help/contact-samaritan/ Tel: 116 123

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	listening ear if you need someone to talk to, and they will not judge.	Email: jo@samaritans.org
York Safe Haven	<p>Are you feeling distressed, frightened, overwhelmed, or that things are too much for you?</p> <p>Don't know where to turn to get mental health support?</p> <p>Are your usual sources of support closed for the night?</p> <p>York Safe Haven offers out-of-hours mental health support to anyone aged 16 or over in York and Selby.</p>	<p>www.mhm.org.uk/the-haven-30-clarence-street</p> <p>Tel: 07483 141 310.</p> <p>Email: haven.mhm@nhs.net</p>
North Yorkshire and York IAPT Services	<p>Significant events like bereavement, unemployment, relationship breakdown, traumatic events or even stress at work can lead to difficulties requiring help and support. Problems with low mood and anxiety can develop and make it difficult for us to cope with life's daily demands.</p> <p>You can self-refer to IAPT by completing a referral form on their website or alternatively you can call them. Where this service is not suitable for you then they will offer signposting. Support available for anyone aged 16 or over in York and Selby.</p>	<p>www.yorkandselbyiapt.co.uk/</p> <p>Tel: 01904 556840</p>

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For crisis support

Service	What they can offer	How to access
North Yorkshire and York Crisis Team	People of all ages can now contact their local TEWV crisis service. The phonenumber is open 24 hours a day, seven days a week and will make it easier for people to access help in a mental health emergency.	Tel: 0800 0516171

Signposting services for parents

Service	What they can offer	How to access
Parent Talk	A service that can offer down-to-earth parenting advice you can trust. They can provide answers to parenting questions in their advice articles, or you can talk to a parenting coach about anything that is worrying you. It is a free service. They also have information on mental health and wellbeing, behaviour, stages and development, additional needs, education, parenting and relationships, sleep and nutrition and healthy eating.	www.parents.actionforchildren.org.uk

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York Family Information Service	The Yor-OK website is designed to support parents, carers, children, young people and anyone who works with children, young people and families.	www.yor-ok.org.uk Tel: 01904 554444 Text only: 07786202241 Email: fis@york.gov.uk
Family Hubs	The Family Hub Model works with partners across York and is funded by the Department for Education. The Family Hub is a way of working that joins together lots of different services which may include mental health support services for children and young people with Special Educational Needs and Disabilities (SEND). It aims to ensuring that everyone is able to access help and support they need at an early stage, preventing problems getting any worse. Parents may be able to access information of mental health and wellbeing, relationships, jobs, drugs, money, school and beyond.	www.york.gov.uk/FamilyHubs
Early Help Services	Early Help is a way of describing the extra support a family can receive if they need it. Early help is all about providing the right support to children and families at the earliest possible time; it brings together workers who can support the whole family to try and improve things for everyone.	www.york.gov.uk/EarlyHelp Tel: 01904 551900 Email: earlyhelp@york.gov.uk