



**We are kind | We are a team | We try our best  
...and we keep on trying!**

**Kindness | Teamwork | Resilience**

**Mental Health Provision Newsletter | Spring 2024**

## **Supporting Mental Health & Wellbeing**



### **Children's Mental Health Matters!**

#### **Your feelings matter!**

At Compass, we are committed to supporting the positive mental health and wellbeing of our whole school community (children, staff, parents and carers). We have a supportive and caring family ethos and our approach is centred on the value of 'kindness', where every individual is valued and respected. We endeavour to ensure that children are able to manage times of change and stress and aim to ensure that they are supported to reach their potential or to access help when they need it.

We also have a role to ensure that children learn about what they can do to maintain positive mental health, what affects their mental health, how they can help reduce the stigma surrounding mental health issues, and where they can go if they require help and support.

At our school, we understand that at times, life presents us with challenges that can make us feel vulnerable and at times, we may require additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play in supporting each other.

## Learning about mental health

**The influence of an emotionally available adult in school lasts for a lifetime**

At Compass, we take a whole school approach to promoting positive mental health, aiming to help children become more resilient, happy and successful and to work in a proactive way to avoid problems arising.



We do this by:

- Creating and applying consistent ethos, policies and behaviours that support mental health and well-being.
- Adhering to a positive, restorative approach to behaviour management.
- Helping children socially to form and maintain positive, healthy relationships.
- Helping children to feel comfortable about sharing any concerns or worries.
- Teaching children emotional skills and an awareness of mental health so that they understand their emotions and feelings better.
- Promoting self-esteem and ensuring that children understand their importance in the world.
- Helping children to be resilient learners and to manage setbacks.
- Identifying children who have mental health challenges and planning support to meet their needs, including working with specialist services, parents and carers.
- Supporting and training staff to develop their skills and their own resilience.
- Developing an open culture where it is normal and accepted to talk about mental health.

## Promoting a healthy environment

**The environment matters, plants can't grow in toxic soil.**

- Promoting our school values and encouraging a sense of belonging.
- Promoting pupil voice opportunities.
- Celebrating academic and non-academic achievements.
- Providing opportunities to develop a sense of worth through taking responsibility for themselves and others.
- Providing opportunities to reflect on progress and achievements made.
- Enabling access to appropriate support and/or interventions.
- Providing access to a curriculum which promotes mental health and wellbeing opportunities.
- Access to information, advice and support services.
- Promoting access to a consistent key adult, in the form of a class tutor.
- Providing opportunities for pupils to talk about their feelings with daily open door sessions in the Academy's ELSA room.



## Mental Health in the classroom

The skills, knowledge and understanding needed by our pupils to keep themselves healthy, safe and well are included as part of our 'Life Studies' curriculum. The specific content of lessons is underpinned by the Jigsaw PSHE scheme in line with expectations set out by the Department for Education. It is recognised that issues around mental health/emotional wellbeing are sensitive in their nature and as such, schemes of learning are adapted to meet the needs of our current cohort.

## Staff roles and responsibilities

### You don't have to struggle in silence!

Whilst all staff have a responsibility to promote the mental health and wellbeing of all pupils/families. The below staff have a key role in supporting pupils on a day to day basis:

Staff Member	Role	Contact details
Rachael Murray	Mental Health Lead in School/ Trauma Informed Practitioner	r.murray@com.hslt.academy
Kim Brown	Assistant Vice Principal Designated Safeguarding Lead	k.brown2@com.hslt.academy
Debbie Coyle	Family Liaison Officer-Deputy Designated Safeguarding Lead.	d.coyle@com.hslt.academy
Holly Lockyer	Vice Principal/SENCO	h.lockyer@com.hslt.academy
Sam Marshall	Curriculum lead for Relationships, Sex and Health Education.	s.marshall@com.hslt.academy
Lynsey Waller	NHS School Nurse	lynsey.waller2@nhs.net

**If you have any worries regarding your child and feel you need support please contact our mental health lead in school. We are here for you!**

## Targeted support

**Alone we can do so little, together we can do so much.**

The school will offer support through targeted approaches for individuals or groups of pupils which may include:

- Circle time activities to promote 'check in' opportunities.
- Managing feelings resources e.g. 'worry boxes'.
- Managing emotions resources.
- ELSA support groups.
- Therapeutic activities including art, sand play and relaxation/mindfulness techniques.
- Opportunities to achieve AQA Certificate Awards
- WRAP group support.



Targeted interventions help us to help pupils:

- build and maintain successful relationships.
- develop social skills
- recognise and develop strategies to deal with emotions
- recognise individuality and positive character traits to build self esteem
- develop strategies for happy and safe break/lunch times
- deal with anger and frustration
- understand emotions linked with loss and bereavement
- overcome feelings of stress, anxiety and insecurity
- develop emotional resilience to tackle academic and social challenges.

## Early Identification and Warning Signs

**Every emotion has a story to tell!**

All staff will be vigilant in identifying a range of possible difficulties that may be contributing to a child's poor mental health, including:

- Attendance concerns
- Poor levels of punctuality
- Relationship difficulties
- Attitude to learning
- Physical indicators
- Negative behaviour patterns
- Family circumstance
- Recent bereavement
- Health indicators



School staff may also become aware of warning signs which indicate that a child is experiencing mental health or emotional wellbeing issues. These warning signs should always be taken seriously and staff observing any of these warning signs will communicate their concerns with the designated child protection and safeguarding lead, as appropriate.

Possible warning signs include:

- Changes in eating/sleeping habits
- Becoming socially withdrawn
- Changes in activity and mood
- Talking about self-harm or suicide
- Expressing feelings of failure, uselessness or loss of hope
- Repeated physical pain or nausea with no evident cause
- An increase in lateness or absenteeism

## Working with parents and carers

**We are here for you!**

Parents or carers are encouraged to approach their child's class tutor/teacher if they have any concerns about their child. This information will then be cascaded to the Mental Health Lead for advice/support.

To support parents and carers we will:

- Provide information on mental health issues and local wellbeing and parenting support.
- Share ideas about how parents and carers can support positive mental health in their children.
- Make our social, emotional wellbeing and mental health policy easily accessible.
- Keep parents/carers informed about the mental health topics taught in lessons and share ideas for extending and exploring this at home.
- Organise presentations on mental health, anxiety, resilience and steps to wellbeing.

When a concern has been raised, the Academy team will:

- Contact parents/carers to discuss the need for future assessments (if relevant).
- Discuss any relevant referrals to external agencies.
- Signpost parents/carers to further information or provide resources to take away.
- Create a chronology of actions and events.
- Contribute to mental health care and protection plans (where appropriate) including clear next steps.
- Discuss how parents/carers can support their child through strategies or signposting.






# Working with specialist services

**Asking for help is a strength, not a weakness!**

As part of our targeted support, the school works alongside other agencies to promote children's emotional health and wellbeing. If required, children may be referred to one of the following services for additional support.

- School Nursing Service
- Children's and Family Services
- GP
- Educational Psychology Services
- CAMHS (Child and Adolescent Mental Health Service)
- Counselling Services

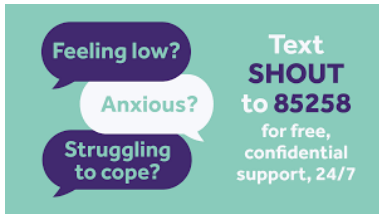
	<p>CAMHS are a team of experienced clinical professionals in mental health and learning disability who provide a single point of access for emotional and mental health referrals.</p> <p><b>Available Monday to Friday: 9am – 5pm (excluding bank holidays)</b></p> <p><b>Tel: 01482 303688</b>  <a href="http://camhs.humber.nhs.uk/">http://camhs.humber.nhs.uk/</a></p>
	<p>Mind provides support, guidance, and hope to individuals and families experiencing poor mental health across Hull, Yorkshire and North Lincolnshire.</p> <p>The services are designed to be inclusive, non-judgmental, and confidential, ensuring that people feel safe and supported throughout their mental health journey. If you feel you need advice or support please contact them.</p> <p><b>Available Monday - Friday 9pm-5pm</b></p> <p><b>Tel:01482 240200      Text: 07520 633447      info@heymind.org.uk</b></p>
	<p>There will be times when you and your family need support, or when you are not sure how to make things better. There are a group of services in Hull collectively known as Early Help. They can support you at these times to make problems easier to understand and quicker to solve.</p> <ul style="list-style-type: none"> <li>• <b>North Locality Hub – 01482 828 901</b></li> <li>• <b>East Locality Hub – 01482 708 953</b></li> <li>• <b>West Locality Hub – 01482 305 770</b></li> </ul>



Young Minds provide young people with reassurance and advice to help them make positive choices for their mental health and know what to do next if they are struggling.

**Available Monday - Friday 09:30am - 4:00pm**

**Free Parents Helpline 0808 802 5544**  
<https://www.youngminds.org.uk/>



Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope.

To start a conversation, text the word '**SHOUT**' to **85258**. Our trained volunteers are here to listen at any time of day or night, and messages won't appear on your phone bill.

## Helping to support your child's emotional wellbeing...

Being a parent can be tough but just remember, in your child's eyes, no one does it better than you!

<b>H</b>	<b>Healthy Habits</b> - Promote self help strategies that support wellbeing and encourage healthy foundations of good sleep, regular meals and exercise. Limit screen time, encourage your child to talk about their feelings.
<b>E</b>	<b>Every interaction is an intervention</b> - We learn through interactions and relationships. Positive communication with your child, asking how their day has been, how they are feeling and praising your children for their efforts and successes. This can help create repeated positive experiences which form habits in behaviour that can improve wellbeing over time.
<b>L</b>	<b>Look for any signs</b> - Noticing signs that indicate to you your child is experiencing difficulties. These could include: poor concentration, becoming easily distracted, worrying, feeling less interested in daily activities and tearfulness.
<b>P</b>	<b>Proactivity</b> : Be proactive if you feel your child needs additional support. Where possible quickly put in place supportive measures to help decrease the chance of problems escalating. Seek advice from your GP, school or local external agencies.