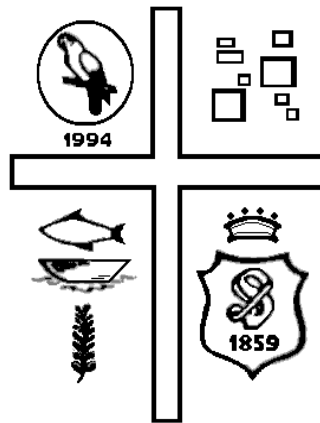


The Curzon Church of England Primary School



Wellbeing Policy

May 2025

Review May 2028

Our Vision

Inspiring all to

'Aspire Believe Care'
"Let your light shine" Mathew 5:16

At The Curzon Church of England Primary School, we ASPIRE to be the best we can be and reach our full potential. We BELIEVE in our abilities to learn and flourish together. We CARE for one another as the Curzon family.

Our school values

We have six core Christian Values which permeate through the life of the school and underpin our vision;

Truthfulness
Compassion
Forgiveness
Friendship
Respect
Perseverance

Introduction

At Curzon Primary School, the skills, knowledge and understanding needed by our pupils to keep themselves and others physically and mentally healthy and safe are included as part of our PSHE/RSE curriculum (refer to PSHE/RSE policies).

The specific content of lessons will be determined by the specific needs of the cohort we're teaching but there will always be an emphasis on enabling pupils to develop the skills, knowledge, understanding, language and confidence to seek help, as needed, for themselves, or others.

We follow the PSHE Matters curriculum to ensure we teach mental health and emotional wellbeing issues in a safe and sensitive manner.

This document is intended as guidance for staff, governors and families.

Statement of intent

'Mental health is a state of wellbeing in which every individual realises their own potential, they can cope with the normal stresses of every-day life, work productively and are able to make a contribution to their community.' (World Health Organisation).

At Curzon School we aim to promote good mental health for every member of our school community. We pursue this aim using both universal, whole school approaches and specialised, targeted approaches aimed at pupils who are vulnerable or struggling.

In addition to promoting positive mental health and wellbeing, we aim to recognise and respond to need as it arises. By developing and implementing a practical, relevant, and effective mental health and wellbeing approach we can provide a safe and stable environment for members of the Curzon community affected both directly and indirectly by these issues.

Implementation

The objectives of the policy and whole school approach are to:

- Promote positive mental health and wellbeing in all staff and pupils
- Increase understanding and awareness of common mental health issues
- Alert staff to early warning signs of poor mental health and wellbeing
- Provide support to staff working with young people with mental health and wellbeing issues
- Provide support to pupils suffering from mental ill health, their peers and parents/carers

Lead members of staff:

Mrs A Fletcher – Safeguarding Lead, Wellbeing Lead, Headteacher

Mrs S Crowther – DSL, SENDCO, Assistant Head

Mrs L Stevens – Wellbeing Lead/ELSA, DSL, first aider

Staff can be contacted via Class Dojo, in person or via phoning the school office.

Any member of staff who is concerned about the mental health or wellbeing of a pupil should speak to a lead member of staff in the first instance. If there is a concern that they are in danger of immediate harm then the normal safeguarding procedures should be followed and referred to a DSL or member of SLT. If there is a medical emergency again the normal procedures should be followed involving first aiders and emergency services.

Where a referral to an outside agency e.g. CAMHS is required this will be led and managed by one or more of the lead members of staff in partnership with the Class Teacher.

If parents have concerns they should contact the class teacher in the first instance, who will record all information on our central MyConcern system to be shared with Mental Health Leads/DSLs.

Signposting

We will ensure staff, pupils and carers are aware of sources of support within school and in the local community, and how this support can be accessed. Any queries can be directed to class teachers in the first instance or the mental health lead.

Sources of support and information will be displayed on the school website, communal areas such as the hall.

Warning Signs

School staff and carers may become aware of warning signs which could indicate a pupil is experiencing mental health or wellbeing difficulties. These warning signs should always be taken seriously, concerns should be communicated to the Class Teacher or a Wellbeing Lead in the first instance.

Possible warning signs include:

- Physical signs of harm
- Changes in eating or sleeping habits
- Increased isolation from friends and family
- Changes in activity or mood
- Changes in academic achievement
- Talking about self-harm or suicide
- Abuse of substances
- Expression of feelings of failure, uselessness, or loss of hope
- Changes in clothing e.g., long sleeves in warm weather

- Secretive behaviour
- Skipping physical activity or getting changed secretly
- Lateness to or absence from school
- Repeated physical pain or nausea without evident cause

Confidentiality and handling disclosures

A pupil may choose to disclose concerns about themselves to a friend or any member of staff, so all staff need to know how to respond appropriately to a disclosure.

If a pupil chooses to disclose concerns about their own mental health or that of a friend/family member to a member of staff, the member of staff's response should be calm, supportive, and non-judgemental.

Staff should listen rather than advise and the first thoughts should be of the physical and emotional safety of the individual rather than the 'why'.

All disclosures should be recorded on MyConcern in the Pupil's confidential file. This written record will include the date, the name of member of staff to whom the disclosure was made, main points and next steps. This information will be shared with the Headteacher, Class Teacher and DSLs. Support can then be planned and offered to pupils and carers.

Ideally, we would receive consent but sometimes this is not possible, and the information must be shared with staff/carers, especially if we are concerned about safety.

Impact

Working with Parents

When parents are to be informed, this should be done sensitively. Before disclosing to parents, we should consider the following:

- Can the meeting happen face to face (this is preferable)?
- Where should the meeting happen?
- Who should be present?
- What are the aims of the meeting?

It can be shocking and upsetting for a parent to learn about issues with their child. We should be accepting of this and give the parent time to reflect. We should also highlight other sources of information and support. The parents/carers should be given a contact within school so they can stay connected and ask further questions, next steps should be agreed, and notes added to the child's confidential record.

Support is offered in annual wellbeing parent drop ins which are accessible to all parents in order for them to address any concerns they may have or seek support.

In order to support families, we will:

- Highlight sources of information and support on our website
- Ensure all parents are aware of who to talk to and how to do this if they have concerns about a child

- Make our policy available to all parents
- Share ideas on how parents can support positive mental health through displays, drop-in sessions and information sharing
- Keep parents informed about the topics children are covering in PSHE (this can be found on the school website and in termly newsletters)

Support

Support can be offered by Curzon on a 1-2-1 or group basis (ELSA sessions and Nurture groups). This can take the form of talking sessions or activities. Pupils will complete a wellbeing assessments (Boxall and Emotional Literacy) which will help direct the support they receive. Their progress and wellbeing will be monitored, and parents will be invited to drop-in sessions for updates and feedback, though they are able to contact outside of these sessions where necessary. Feedback questionnaires will be given to pupils and parents annually so we can maintain high standards within our provision. Curzon will actively take part in national mental health days each year e.g. Hello Yellow, World Mental Health Day, Anti-Bullying Week, SMILERS Week.

When an individual is suffering from a mental health issue, it can be a challenging time for friends, they often want to support but do not know how. It is possible they can learn unhealthy coping mechanisms from each other. In order to keep peers safe, we will consider on a case-by-case basis who may need extra support.

Training

As a minimum all staff will receive regular training about recognising and responding to mental health issues as part of their regular safeguarding training. The [Derby & Derbyshire - Emotional Health & Wellbeing](#) website is an excellent source of information for parents and carers.

Training for staff who require more in-depth knowledge will be considered as part of the CPD and performance management.

Monitoring, evaluation and review

This policy will be reviewed every 3 years as a minimum.

The Curzon School is accredited with a Gold Excelling Wellbeing award, a bronze Smilers award and a bronze BERT award.



