



Greenvale School
Wellbeing and Mental Health Policy

Signed: October 2020

Next Review date: October 2021



Wellbeing and Mental Health policy

Vision and ethos

Greenvale School works to foster a spirit of mutual co-operation and self-motivation. It endeavours to be a learning community in which all can progress and develop together, and in which students can contribute to decisions about their own learning needs. The school is committed to continuously improving its performance.

The shared values which the school aims to develop include; respect for each other, students, staff and parents or carers; consideration and support. All of the above is incorporated into a learning environment which is first and foremost educational, but is also caring and supportive and aims to make learning an enjoyable experience.

With this in place we are in the best position to ensure that Greenvale will prepare our students for adult life beyond school and enable them to achieve according to their potential.

Aims

At Greenvale School, the primary aims and main priorities are pupil wellbeing and achievement. Consequently, we aim:

- That the whole school community should enjoy and achieve. All achievement should be recognised and celebrated.
- To develop a creative, stimulating and relevant curriculum tailored to the individual needs of the learner.
- To work in partnership with students, families, the multi-disciplinary team and the wider community to meet individual needs.
- To provide a secure, safe and supportive environment to promote maximum independence, confidence and learning.

The aims of this policy are:

- To provide a cohesive and coordinated approach to mental health and wellbeing for students, staff and parents/carers at Greenvale School.
- To raise awareness of wellbeing and mental health, and enable all those to develop positive strategies for mental health and wellbeing.
- To signpost where to seek help and further support.

Context

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act. It helps to determine how we handle stress, relate to others, and make choices. We provide a caring, supporting environment in which every

individual is valued and respected. We believe that students, staff and parents/carers need the skills to manage the challenge life brings us by developing resilience and having a positive mental health. This does not mean not having any problems, but developing awareness of ourselves and the ability to cope with difficulties faced. Everyone experiences life challenges that can make us vulnerable. At times, anyone may need additional support to manage and deal with these situations.

5 areas of well-being

Evidence suggests there are five steps we can all take to improve our mental wellbeing. If you give them a try, you may feel happier, more positive and able to get the most from life.

Connect – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships. Building solid and varied social connections in your life can increase your feelings of happiness and self-worth.

Be active – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.

Keep learning – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?

Help others – even the smallest act can count, whether it's a smile, a thank you or a kind word. Giving a mate a hand, helping a cause that matters to you or just supporting other people in some way. Giving is like gold-dust for our mental wellbeing.

Take Notice – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

Possible warning signs

How you might feel	How you might behave
<ul style="list-style-type: none"> • down, upset or tearful • restless, agitated or irritable • guilty, worthless and down on yourself • empty and numb • isolated and unable to relate to other people • finding no pleasure in life or things you usually enjoy • a sense of unreality • no self-confidence or self-esteem • hopeless and despairing • suicidal 	<ul style="list-style-type: none"> • avoiding social events and activities you usually enjoy • self-harming or suicidal behaviour • finding it difficult to speak or think clearly • losing interest in sex • difficulty in remembering or concentrating on things • using more tobacco, alcohol or other drugs than usual • difficulty sleeping, or sleeping too much • feeling tired all the time • no appetite and losing weight, or eating too much and gaining weight

	<ul style="list-style-type: none"> • physical aches and pains with no obvious physical cause • moving very slowly, or being restless and agitated
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For students with learning difficulties, symptoms may present themselves differently, for example a change in behaviour. Self-harm can also occur as a result of a young person trying to meet a sensory need, and support can be offered to help them develop strategies to learn how to self-regulate.

Students

- Pastoral support for students is provided by the class team, with support from the 4 Key Stage coordinators.
- Students participate in daily mindfulness, where they are encouraged to sit calmly and relax.
- Students social, emotional and mental health needs are embedded throughout the curriculum.
- Greenvale is a 'healthy school'. Fruit is provided for students both in their morning and afternoon break time. Squash and water are also provided. Lunches are cooked on site with choice of 2 hot meals for students. There is salad bar and fruit options for pudding.
- Students have a break of 15 minutes where they can go outside and use sports equipment for example fixed bikes and floor trampolines. The students have an hour and 15 minutes for lunch.
- Students have PE once a week. Students who use wheelchairs are offered a change of seating everyday e.g. standing frame, hydro, physio.
- There are a variety of sport enrichment activities for example swimming, cycling at Herne Hill velodrome and trampolining.
- Greenvale also hosts a Child and Mental Health (CaMHs) clinic on a monthly basis.

Staff

The well-being of staff is very important at Greenvale, as if staff are happy and resilient they are best able to support our students. Staff are always welcome to come and talk to any member of the SLT about any concerns or worries. There are also a variety of things in place to staff well-being:

- Access to the hydro pool between 8am – 8.30am and 3.30-6.00pm
- Free coffee, tea, sugar and access to filtered water
- 100% attendance raffle where staff can win a day off
- Staff sign back in after every absence and can discuss any support required
- For permanent staff, Greenvale is part of the Employee Assistance Programme, which offers 24/7 help to manage employee stress, specialist counselling and information and helps staff to feel supported.
 - Free phone 08000 562 561
 - confidential emotional support and counselling available 24 hours a day, 365 days a week
 - up to six sessions of face-to-face or telephone counselling
 - access to online Cognitive Behavioural Therapy (CBT)

- management consultation to support those responsible for managing others
- specialist information on work-life balance
- financial and legal information
- information on local services such as elder care and childcare

Further support and guidance the following websites may be useful:

<https://www.mind.org.uk/>

<https://www.elefriends.org.uk/>

In addition, Lewisham employees can get discounts at local leisure centre, and have access to other benefits such as bike loan. Please see leaflets for further information.

Parent/Carers

For any parents/carers who need further support or guidance, the key stage coordinator can signpost to other organisations.

KS3 – Lisa Robinson-Jones

KS4 – Aaron Collins (and parent/carer link)

KS5 – Emily Garside

Glade – Lina Avila

Further support and guidance

There are a range of services available in the Lewisham to support children and young people with special educational needs or disabilities. This is known as the local offer.

<http://www.lewishamlocaloffer.org.uk/#/>

Special Educational Needs

Kaleidoscope Child Development Centre

32 Rushey Green

SE6 4JF

Tel: 020 3049 1475

Email: sen@lewisham.gov.uk

Contact - provides support, advice and information for families with disabled children, no matter what their condition or disability. Call 020 8297 8056 or email

lewisham.office@contact.org.uk

The Lewisham SEND Information & Advice and Support Service (SENDIASS for short) can help to provide advice, information and support on all SEND matters

T: 0203 319 2163

W: <http://www.kids.org.uk/lewisham-sendiaass>

E: Lewisham@kids.org.uk

ADVISING LONDON

Do you need advice with debt, housing immigration or need to make a benefit claim?
Pre-booked appointments available call 020 8613 0172

BREASTFEEDING SUPPORT DROP-IN

A friendly welcome provided by midwives and trained peer supporters. The sessions can support mums with positioning, attachment, sore nipples, mastitis, hungry babies, milk flow, and returning to work or just a friendly place to come and socialise.

CHILD COMMUNITY WEIGH-IN CLINIC

Drop-in to your local community clinic to weigh your child and seek advice from a health visitor about your child's development.

CHILD HEALTH REVIEWS

7-11 month and 2-year child development reviews with your child's health visitor.

CLOTHING BANK

Free clothing for children under 5 years, accessible to families who have no recourse to public funds or who are facing hardship.

DOWNS FRIENDSHIP & CREATIVITY GROUP

A monthly group that provides support and activities for parents of children who have Downs Syndrome of all ages.

Call Annee for dates 07930 393942.

'MY SUPERPOWER'

Coffee morning for Parents of children with Autistic Spectrum Disorder (ASD) and Social & Communication Needs.

MIDWIVES CLINICS

Three midwifery teams run daily community clinics within our centres.
Contact your Midwife for an appointment.

PARENT SUPPORT COUNSELLING (PSG)

PSG strives to support you during challenging times, through 1:1 counselling sessions.

Booking required call 07908 101767

SENDIASS

SEN and Disabilities Information, Advice and Support Services (SENDIASS) offers monthly independent support drop-ins for families who have children and young people with SEN and/or Disability of all ages. Parent and Carer only session.

For more information call 020 3319 2163

PECAN

Working with families to support parents into employment.

BABY HUBS

Drop-in to your local Baby Hub to weigh your child, seek advice from a Health Visitor about your child's development and stay and play.

DROP-IN SUPPORT AND ADVICE SESSION

Support and advice from a Family Support Worker at DOWDERRY Children and Family Centre.

SUPPORT FOR CHILDREN WITH SEND

Are you a parent/carer of a child or young person with special educational needs or disabilities (SEND)? Click on the link below for details of the Lewisham local offer for you and your family:

<http://www.lewisham.gov.uk/myservices/socialcare/children/Pages/Support-for-children-with-special-educational-needs-or-disabilities.aspx>

The Lewisham SEND Information & Advice and Support Service (SENDIASS for short) can help to provide advice, information and support on all SEND matters. You can find more information on their service by downloading the SENDIASS leaflet here

T: 0203 319 2163

W: <http://www.kids.org.uk/lewisham-sendiaass>

E: Lewisham@kids.org.uk

Signed.....

Dated.....