

Why have a Mental Health Strategy?

One in 4 people in the UK will experience mental health issues. At Fox Wood we strive to support pupils, staff and parents to promote positive mental health and wellbeing with a dedicated team of staff.

Wellbeing Team

- Wellbeing team in place
- Made up of different stakeholders – nursing staff, governors, TA's, teachers, SLT, parents, governors
- Wellbeing team organise regular events for pupils, staff and parents

Pupil voice

- School council representatives are also 'wellbeing champions'
- Pupil wellbeing is an agenda item for all school council minutes
- Pupils meet and discuss different initiatives and ideas to promote SEMH

Fox Wood Mental Health Strategy

Social Emotional and Mental Health Panel

- The SEMH panel meet half termly to discuss identified pupils who need specific SEMH input
- SEMH input includes:- Creativity Counts (an art club designed to promote positive social, emotional and mental health), music therapy, art therapy, additional PSHE (for example RSE), sensory occupational therapy, behaviour strategies, staff support, bereavement support and bespoke individual pupil support for mental health
- Staff are fully trained in all of these areas and will have further training as the need arises

Staff

- Workload reduction toolkit
- Mental health First Aider – Lucinda
- Stress Management Policy, Wellbeing Policy
- Wellbeing weeks - activities for staff after school
- Suicide awareness training
- Wellbeing activities promoted during school time e.g. hot chocolate stations, reiki, in break times

Training

Staff have had the following training

- Mental Health First Aid
- Mental Health First Aid Youth Lite
- Supporting Vulnerable Children with Mental Health
- Bereavement for Children with SEN
- Attachment Disorders
- Staff Wellbeing training
- Sensory Engagement for Mental Wellbeing