




Kingdown School

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Mental Health and Wellbeing Policy

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Signed by  Headteacher	Date 19 November 2020
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Rationale

As a school we recognise that it is as important to facilitate positive mental health and wellbeing, as much as physical health.

The World Health Organisation defines 'mental health' as:

'a state of well-being in which every individual realizes 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.' (2014)

We believe:-

- That all students, irrespective of ability, should have access to education about positive mental health and wellbeing.
- That all students should have access to support for their mental and wellbeing.
- That the terms 'mental health and wellbeing' cover a wide spectrum, and that this should be reflected in the support on offer for our students.

Education

We believe that raising awareness of positive mental health and wellbeing is key to normalising discussions around these important areas. Therefore, mental health and wellbeing is explored throughout the Kingdown curriculum:

- During PSHE lessons
- During assemblies
- During tutor themes each year, for every student in every tutor group
- School will recognise key events each year, such as 'Mental Health Awareness Week' and 'Tea and Talk'.
- Kingdown also has a strong and growing 'Student Wellbeing Action Group' from Key Stages 3 and 4, and Mental Health/Wellbeing community groups at Key Stage 5.
- We promote positive mental health and wellbeing through the curriculum and across all subjects, particularly at key points during the year (such as reminding students about finding balance during stressful periods, such as the exam seasons).
- We take regular opportunities to gather student voice on mental health and wellbeing provision, such as student surveys and house council discussions.

Support

We recognise that whilst some students wish to facilitate their own positive mental health and wellbeing, others require and seek further support. We provide a vast and structured network of intervention in order to support students. This can be found in two areas:



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1. Through our [Wellbeing pages](#) online, for students and parents. This also includes details on other agencies and organisations we support and work with.
2. Through our 'Take 5' resource, below. This is displayed in multiple areas around the school.

Key Staff

Whilst supporting mental health and wellbeing is the responsibility of all staff, a number of staff are trained and equipped to help support our students with mental health and wellbeing in the first instance:

- Mental Health lead (Mr David Richardson – ri@kingdown.wilts.sch.uk)
- Designated and Deputy Safeguarding Leads (see Child Protection Policy)
- School Nurse (Mrs Carole Alston – csa@kingdown.wilts.sch.uk)
- Student Wellbeing Practitioner (Mrs Helen Gordon – gd@kingdown.wilts.sch.uk)
- Regular opportunities are provided for all staff to receive specific training on mental health and wellbeing during the year.
- A number of staff put nominate themselves each year, for the role of 'Wellbeing Champions' and use this visible role to speak to, and support, students.

Take 5!



Have a question or worry about your wellbeing and mental health?

Read the steps below!

<p>1. I want to find things out to help myself...</p>	<ul style="list-style-type: none"> • Check out the Wellbeing Board around by the Nurse's Office (There are helpful hints as well as a questions and suggestions box) and outside the main entrance to English. • Log on to kooth.com for free, anonymous counselling with a trained adult. • Visit www.kingdown.wilts.sch.uk/wellbeing/ for helpful resources in the student section. • See Mrs Gordon for the mindfulness courses running during the year.
<p>2. I'd like my parents to get involved...</p>	<ul style="list-style-type: none"> • Visit www.kingdown.wilts.sch.uk/wellbeing/ for helpful resources in the parent section. • Speak to Mrs Gordon (or your Head of House) about the courses we run in school, especially for parents.
<p>3. I'd like to have someone to chat to...</p>	<ul style="list-style-type: none"> • Speak to your Head of House about having a 6th Form Peer Mentor. These specially trained 6th Formers are ready support you with a variety of worries! • Find one of our Wellbeing Champions. These are staff who are ready to help! The list can be found on the Wellbeing board outside the School Nurse's office.
<p>4. I'd like some 121 sessions...</p>	<ul style="list-style-type: none"> • We have 2 school counsellors who can offer a 6—week block of weekly sessions. Speak to your Head of House or the School Nurse if you are interested. • We have adult mentors who can work with you on a variety of topics. Speak to your Head of House if interested.
<p>5. I've tried the above but need more support...</p>	<p>CAMHS specialises in mental health and wellbeing in children and young people.</p> <ul style="list-style-type: none"> • We can help you make a referral to CAMHS, or we can make a referral on your behalf; please speak to your Head of House or Mrs Alston (School Nurse) about making a referral to see our CAMHS Nurse..