



Morningside Mental Health and Wellbeing Policy

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The Aims of the Wellbeing and Mental Health Policy

At Morningside' we are committed to ensuring the mental health and wellbeing is at the heart of everything we do. As our WAMHS project continues to develop, we strive to provide the very best support for the mental health of our whole school community: school staff, pupils, parents and carers. Our mission is to sustain a happy and healthy school where we all have the ability to thrive in a positive, calm and trusting working environment.

The Wellbeing and Mental Health in Schools (WAMHS) Programme

The WAMHS programme was introduced in City and Hackney following the 2017 publication of the Government green paper called *"Transforming children and young people's mental health provision: a green paper"*.

The green paper set out an ambition for earlier intervention and prevention, a boost in support for the role played by schools and colleges, and better, faster access to NHS services. The WAMHS project seeks to meet some of these aims by supporting our staff and parents to improve the mental health and wellbeing of all children at Morningside .

CAMHS Worker in School (CWIS)

We have a regular CAMHS worker to provide training, consultation and support, signposting and liaison and to help to develop and sustain closer working links between Child and Adolescent Mental Health Services (CAMHS) and our school.

Our CWIS is Magdalena Wydra, CAMHS practitioner

City and Hackney CAMHS website: <https://cityandhackneycamhs.org.uk/>

Pupil Wellbeing

At Morningside' we believe that **all children have mental health**. We believe that teaching them to understand and manage their wellbeing and emotions will equip them with the knowledge and skills necessary to stay well and achieve their full potential. As with all of the learning at Morningside, our hope is that the skills we teach our pupils now will continue to be helpful to them in their futures.

We work on the 'Five to Thrive' model:

Respond • Engage • Relax • Play • Talk

Five to Thrive describes a sequence of relational activities that build healthy brains in young children and maintain healthy brain function throughout life. It provides a bridge between professional understanding of current research in neuroscience and everyday experience.

Five to Thrive is useful in work with anyone unable to regulate stress.

In our case, this includes the following groups:

- Young Children
- Vulnerable families
- Any child who has lived through traumatic experience from which they have not yet recovered

How Do We Support Pupil Wellbeing?

To support our children to thrive together and achieve their very best, they need to feel safe, calm, respected and understood. Our school day is set up to encourage children to talk about their feelings and have them validated, manage their emotions, and give space and time to be still and reflect. All these elements help children to develop their own strategies to support their mental health, building confidence, developing resilience and creating a tool kit to support their mental health for the future.

In The Classroom

- Zones of Regulation check in each morning
- Calm space in the classroom where children can be if they need to reflect
- A key adult they can speak to if they need support
- Daily check ins
- Daily mindfulness
- PSHE lessons to discuss key themes: promoting equality and celebrating difference, online safety and social media and its impact on mental health, and understanding and promoting healthy relationships.
- Strengthening resilience lessons to consider key themes; building self-esteem, promoting hope, promoting gratitude and connecting with others.
- Wellbeing Ambassadors -two children are nominated termly and meet throughout each term to focus on improving wellbeing across the school.
- Themes weeks and days celebrated - Children's mental health week, world kindness day

In The Community

- We have been encouraging children at Morningside to connect with their community i.e. the Wellbeing Ambassadors will discuss ways the school can communicate with local groups.
- It is our hope that the mental health and wellbeing support that we offer to children at Morningside can be continued at home. With this in mind, we work closely with our Pastoral team and WAMHs worker to provide mental health support and information to parents and carers through monthly newsletters, coffee mornings, workshops and online resources available via our website.

A Whole School Approach

Schools that promote mental health demonstrate better attainment and child wellbeing, which increases the likelihood of children reaching their potential. In order to build a culture that promotes wellbeing we have adopted a 'Whole School Approach' that seeks to put mental health at the heart of everything we do.

Whatever your role at Morningside, there are things you can do to support the mental health and wellbeing of our pupils.

Staff Wellbeing

Our staff team at Morningside are passionate and dedicated professionals who go beyond expectations to provide the very best education for the children in our school. In order for everyone to work effectively, it is important we value and provide support for all staff's mental health and wellbeing.

How Do We Support Staff Wellbeing?

- Comfortable staffroom with regularly updated wellbeing board
- SLT listen and consult with staff regularly adapting plans to meet the needs of the team
- SLT expectations are very clear and set out in the staff online portal. Detailed curriculum guidance materials means that staff are provided with lots of support with their planning
- Staff training offered throughout the year on child and family mental health
- WAMHS drop in 1:1 support with our WAMHS clinician
- Supervision offered to all staff
- Personal messages emailed to staff highlighting awesomeness
- Shouts outs in Monday morning briefings
- Awesome award for staff at the end of each half term given out in assembly
- They receive an individualised note from the headteacher saying "I heard a Wispa" and a chocolate bar.
- Staff yoga every week before school
- Email policy etiquette – no emails at the weekend or after 6.00 pm
- A marking policy which encourages live and in the moment feedback, reducing the need for as much after school marking as possible
- SLT support with medium term planning and weekly planning
- Shared breakfasts – every half term
- Wellbeing Wednesday - a special treat is provided for all staff in the staffroom

- Themed craft and chat activity planned for each half term
- End of term drinks/quiz
- personalised thank you cards at the end of each half term with a gift
- celebrating national teaching assistant day and doing something special for staff
- World kindness day - buddy task
- Termly buddy task

The Wider School Community

Parents and carers play a huge role in the mental health of the school community. If parents feel properly supported by the school, they will have the tools to support their children. We also know that consistency is key when it comes to supporting our pupils; therefore, we will communicate regularly with the Wider School Community about how we are supporting pupils' mental health and wellbeing so that this support can be echoed at home.

How Do We Support the Wider School Community?

We have a larger than average percentage of children from vulnerable families and therefore these families rely on our support and advice.

We have a team of key adults who work directly with parents, building relationships and trust.

They are:

- Headteacher - Jo Smith
- Deputy Headteacher (SEND Co/WAMHS lead) – Rachel Smith
- Pastoral Manager – Pia Russell
- Pastoral Assistant - Sting Mayemba
- CAMHS Worker in School – Magdalena Wydra
- Education Mental Health Professional – Olivia Kinsey

In addition, we support the wider school community through the following:

- Monthly WAMHS parent coffee mornings
- Monthly WAMHS newsletter & wellbeing being strategies in weekly newsletter
- Regular parent meetings
- Regular parent phone calls
- Parent support with workshops and making referrals to First Steps and MHST (Mental Health Support Team)
- Mental Health website recommendations

Some other practical examples of what we do are:

- Food bank donations

Related policies

The Behaviour Policy

We understand that there is a close relationship between emotions and behaviour. At Morningside we conceptualise behaviour as a form of communication and acknowledge that this is particularly relevant for children, as they can find it difficult to communicate their emotions with adults. We are therefore committed to understanding what our pupils are communicating with us through their behaviour and to offering support in response to this.