

Christ Church CofE Primary School Mental Health Approach

Introduction

At Christ Church Primary School, we are committed to promoting positive mental health and well-being for all our pupils. We believe that a healthy mind is essential for a successful and fulfilling life. Our approach to mental health is underpinned by the following principles:

- **Early identification and intervention:** We aim to identify and address mental health concerns at an early stage.
- **Whole-school approach:** Mental health is everyone's responsibility. We work together as a school community to create a supportive and inclusive environment.
- **Individualised support:** We tailor our support to the specific needs of each child.
- **Collaboration with parents and carers:** We work closely with parents and carers to support their child's mental health.
- **Referral to specialist services:** We refer children to specialist services when necessary.

Identifying Mental Health Concerns

Mental health concerns can be identified in a number of ways, including:

- **Self-referral:** A child may approach a teacher or other member of staff to express concerns about their mental health.
- **Parental referral:** Parents or carers may raise concerns with the school.
- **Teacher observation:** Teachers may observe changes in a child's behaviour or academic performance that suggest underlying mental health difficulties.

In-School Approaches

Once a mental health concern has been identified, we will take the following steps:

- **Discussion with the inclusion manager/class teacher/care guidance and support lead:** We will discuss the child's concerns with the relevant staff members.
- **Learning plan with SEMH as an issue:** We will develop a personalised learning plan to address the child's mental health needs.

- **Time out cards:** We may provide the child with time out cards to help them manage their emotions.
- **Regular sessions with the inclusion manager:** We may arrange regular sessions for the child to talk to the inclusion manager.
- **Other ideas:** We may also use other strategies, such as mindfulness activities, relaxation techniques, and social skills training.

Referral to Specialist Services

If the child's mental health needs cannot be adequately addressed through in-school approaches, we may refer them to specialist services, such as:

- **School nurse:** The school nurse can provide advice and support to the child and their family.
- **HIVE team at North Tyneside Council:** The HIVE team can offer a range of mental health services, including therapy, family support, and bespoke work with the child.
- **CAMHS:** If the child's mental health needs are complex, we may refer them to Child and Adolescent Mental Health Services (CAMHS).

Additional Considerations

- **Confidentiality:** We will treat all information about a child's mental health with the utmost confidentiality.
- **Consent:** We will obtain consent from parents or carers before sharing information with external agencies.
- **Collaboration:** We will work closely with parents and carers to ensure that the child receives the support they need.

Conclusion

We are committed to providing a safe and supportive environment for all our pupils. By working together, we can help children to develop the resilience and coping skills they need to thrive.