OAKLANDS PRIMARY ACADEMY

PUPIL MENTAL HEALTH & WELL-BEING POLICY

JULY 2025

Next Review Date: July 2027

Staff should make themselves aware of all policies and amendments or updates to policies and adhere to the same, which will be made available on relevant websites and internal data and computer systems.

Executive Summary for Oaklands Primary Academy – Pupil Mental Health & Well-being Policy July 2025:

1. Key Contacts

- Designated Mental Health Lead & First Aider: Miss M Greenhill

2. Purpose & Vision

- Support the mental, emotional, social, and cognitive development of all pupils.
- Create a safe, inclusive school climate where pupils feel comfortable discussing concerns.
- Equip pupils with life skills and emotional resilience for both school and beyond.

3. Strategic Aims

Oaklands and the Trust aim to:

- Foster a supportive and accepting community.
- Promote emotional resilience through PSHCE and wider curriculum.
- Provide tailored support for pupils with mental health challenges.
- Ensure fair access and reasonable adjustments to learning.
- Respect confidentiality and reduce stigma around mental health.
- Offer clear referral pathways to professional services.

4. Support Services at Oaklands

A comprehensive range of in-school support includes:

- Listening Ear (1:1 drop-in)
- Referrals to external services (e.g. MIND, MENCAP, CASPA, Bromley Children's Project)

- Therapeutic Interventions:
    - Play Therapy
    - Lego Therapy
    - Drawing & Talking Therapy
    - ELSA Programme

- Emotional Regulation Programmes:
    - *The Anger Gremlin*
    - *The Anxiety Gremlin*
    - *Seeing Red*

- Additional Support:
    - Bereavement support
    - Nurture & Boost Groups
    - Social Skills Groups
    - Sensory Support
    - Nurture Breakfast
    - Therapy Dog
- Clubs & Spaces:
    - Lunchtime and sensory clubs (e.g. sport, chess, Lego, quiet games)

5. Staff Training

- Mental Health Lead attends regular welfare meetings and relevant external courses.
- Staff are trained in early identification and intervention, including for pupils with SEN and vulnerabilities.

6. Family Involvement

- Families are encouraged to share any history of mental health challenges.
- Information is treated confidentially and shared only on a need-to-know basis.
- Confidential references are sought from previous schools for continuity of care.

7. Confidentiality

- Pupils will only seek help if they feel their privacy is respected.
- Information is disclosed to third parties only where there is a safeguarding concern or significant risk of harm.

8. Supporting Policies

Available via the Trust/Academy websites:

- Safeguarding & Child Protection
- SEND Policy
- Equality Act compliance
- First Aid & Medicines, Health & Safety, and Code of Conduct

9. External Services & Resources

- Bromley Well-being: 0203 770 8848
- CAMHS: 020 8315 4430
- Bromley Local Offer: www.bromley.gov.uk/LocalOffer

- Other links: MIND, MENCAP, gov.uk's mental health taskforce

10. Monitoring & Review

- Policy reviewed every two years (Next: July 2027).
- Any updates require approval from the CET Board and LGB.

OAKLANDS PRIMARY ACADEMY

PUPIL MENTAL HEALTH & WELL-BEING POLICY

Designated Mental Health Lead

Oaklands Primary Academy: Miss M Greenhill

Designated Mental Health First Aider

Oaklands Primary Academy: Miss M Greenhill

Introduction

Mental Health affects all aspects of a child's development including their cognitive abilities, their social skills as well their emotional well-being. Childhood and teenage years are when mental health is developed and patterns are set for the future. For most children the opportunities for learning and personal development offered at school are exciting and challenging and an intrinsic part of their school experience. However, they can also give rise to anxiety and stress. Children may also suffer anxiety or stress owing to circumstances outside school.

It is important not to label as "mental health" difficulties what are in reality normal emotional reactions to new experiences. However, a number of children may experience emotional or psychological difficulties that without appropriate professional support are more persistent and inhibit their ability to participate fully in school. In addition, some children may arrive at school with a pre-existing psychological difficulty.

Mental health difficulties can seriously impair academic performance and may lead to confused or disturbed behaviour. Minor difficulties that interfere with a child's capacity to work may also result in distress and wasted effort and undermine academic progress.

A more seriously affected child may require a significant level of professional support. Children do suffer from depression. Whilst the suicide rate among teenagers is below that in the general population, young people are vulnerable to suicidal feelings.

Aims of Chancery Education Trust and the Academy Schools

As stated in its Child Protection and Safeguarding Policy, Chancery Education Trust and the Academy Schools are committed to providing a safe and secure environment for pupils and promoting a climate where pupils will feel confident about sharing any concerns, which they may have. We wish them to be happy and thrive whilst at their Academy School and to ensure they acquire the skills necessary for life after school.

We aim to provide a supportive environment that will help pupils who experience mental health difficulties, including helping them to realise their academic and non-academic potential. By providing the opportunity to pursue social, emotional, cultural and sporting fulfilment, in addition to academic excellence, we also aim to facilitate and promote positive mental health and well-being.

Chancery Education Trust and the Academy Schools seek to achieve these aims by:

- Nurturing a supportive community that encourages a sense of social responsibility and spiritual and personal development
- Helping children to develop emotional resilience through the Academy School's PSHCE provision and other curriculum areas
- Providing a range of support to pupils who may need help and guidance
- Maintaining a culture in which mental health difficulties are accepted, not stigmatised
- Liaising with and referring to the appropriate services to ensure that pupils with serious mental health difficulties receive appropriate treatment
- Meeting the support and learning needs of pupils with mental health difficulties
- Making reasonable adjustments to policies and procedures which might otherwise unlawfully discriminate against pupils with mental health difficulties
- Ensuring that the availability of support is accurately represented to both prospective and current pupils and their families
- Establishing consistent procedures across the Academy Schools within the Trust for helping pupils with mental health difficulties
- Providing guidance and awareness training to the teaching and other staff involved in the support and care of pupils
- Respecting the confidentiality of personal information provided by pupils with mental health difficulties

Providing Support

Chancery Education Trust and the Academy Schools recognise that children and young people may experience mental health difficulties and provide a range of support (medical and non-medical) to pupils who may need help and support:

- Listening Ear (1-1 drop in sessions pupils and staff)
- Referral to Local Community Well-being Service: Local Borough Children Support Services, MENCAP, CASPA, MIND, Local Boroughs Young Carers, Bromley Children's Project
- Play Therapy
- Lego Therapy
- Drawing & Talking Therapy
- ELSA Programme
- The Anger Gremlin (resources and support programme for anger management)
- The Anxiety Gremlin (resources and support programme for pupils struggling with anxiety)
- Seeing Red (resources and support programme for anger management)
- Bereavement resources and support
- Nurture Groups
- Boost Groups
- Social Skills Group
- Sensory Support
- A range of clubs that appeal to different interest levels eg sport, chess, Lego, Games club (indoor games/social skills)
- Lunch club provision

- Sensory space
- Nurture Breakfast
- Therapy dog

Where necessary, the Trust and Academy Schools can refer a pupil to other agencies within the local Mental Health Services.

Staff Training

Providing guidance and awareness training to the teaching and other staff is paramount to ensure that we are able to provide support and care to pupils. The Designated Mental Health Lead and Designated Mental Health First Aider regularly attend meetings regarding pupils' welfare and family support, for example a TAC meeting. They attend relevant courses to increase understanding and ensure referral routes are best utilised. In addition, in order to provide specific support, they will provide interventions and referral routes for pupils with SEN and Disabilities and those children considered vulnerable.

Families providing information

We recognise that our pupils come from a wide variety of backgrounds, with differing attitudes and approaches to mental health difficulties.
It is important that the families of pupils who have, or have had, mental health difficulties are encouraged to share this information with an appropriate member of staff. The Trust and Academy Schools need to know of the pupil's circumstances in order to provide proper support and ensure that reasonable adjustments can be made to enable them to learn and study effectively. Pupils and their families can share their relevant health information on the understanding that the information will be shared on a strictly need-to-know basis. In other words, only those who need to know will be informed.

The Trust and Academy Schools ask for a confidential reference from a pupil's previous school and specifically asks whether there are any pastoral or medical issues of which the Trust and Academy Schools should be aware in order to discharge our duty of care.

Respecting Confidentiality

A pupil with mental health difficulties is extremely unlikely to seek help unless they know the information they provide will be treated as confidential. Doctors, nurses, counsellors are all required to observe confidentiality in accordance with strict ethical codes. Whilst emphasising the responsibility to respect privacy, these codes also provide advice about the very rare circumstances when it would be appropriate to share information with third parties who need to know that there are specific concerns about a pupil, for example where there is a significant danger of a pupil harming themselves or a child protection and safeguarding concern.

Supporting Policies and Resources

All supporting policies and procedures are publicly available on the Trust's and Academy School's website

1. Child Protection and Safeguarding Policy
2. Code of Conduct Policy (a copy of this policy is available from the Academy School's office)
3. First Aid & Medicines Policy
4. Health & Safety Policy
5. Special Educational Needs and Disabilities Policy
6. The Equality Act
7. The Academy School's Equality Information and Objectives

- Bromley Well-being
  Telephone: 0203 770 8848
  E-mail: info@bromleyy.org
  Address: 17 Ethelbert Road, Bromley, BR1 1JA
- CAMHS
  Telephone: 020 8315 4430
  Address: Stepping Stones House, 38 Masons Hill, Bromley, BR2 9JG
- Bromley Local Offer
  For information about local services, support and activities available to families, children and young people aged 0 - 25 years with special educational needs or disabilities.
  https://www.bromley.gov.uk/LocalOffer
- MIND the Mental Health Charity
- www.gov.uk – children and young people's mental health and well-being taskforce
- www.mencap.org.uk

Monitoring and Implementation Policy

The policy is reviewed every two years, although the Trust may vary or amend it periodically to ensure that we fulfil our obligation around the Pupil Mental Health & Well-being Policy. All proposed changes to this policy would be made following the approval from the Committee.

	Name	Date
Policy written by	CET Board	July 2025
Review by Committee	CET Board	July 2025
Approved by Committee	CET Board	December 2025
Adopted by Governing Board	CET Board/LGB	February 2026
To be reviewed every 2 years		
Review by	July 2027	