Children and adults are at the heart of our school;
our school is at the heart of our community.

Mental Health & Wellbeing Policy

At Lakeview School, we are committed to supporting the mental health and emotional wellbeing of our pupils and staff. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

We believe it is important to:

- Create an ethos and conditions that support positive behaviours and successful relationships.
- Ensure that the school's values are seen in our classrooms and the wider school community.
- Cultivate a sense of belonging irrespective of gender, race or perceived social status.
- Provide an emotionally secure and safe environment that prevents any form of bullying or violence.
- Promote resilience by helping pupils to shift their reliance on support from outside (I have) to their own internal skills (I can), while building their own personal attitudes and feelings (I am).
- Provide specific help for those children at risk of, or already showing behaviours associated with social, emotional and mental health problems.

To support these aims we:

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships
- promote self-esteem and ensure children know that they count
- listen to children and make sure their voice is heard
- help children to develop emotional resilience and to manage setbacks
- develop skills of empathy and to help children feel understood by their peers
- provide a curriculum that integrates the development of social and emotional skills within all subject areas including problem-solving, coping and conflict management/resolution.
- support parents and carers to develop their parenting skills through providing information and signposting to programmes run by appropriately trained health or education practitioners.
- ensure that teachers and other staff have the knowledge, understanding and skills to deliver this curriculum effectively, including how to manage different behaviours and how to build successful relationships.

We offer different levels of support:

Universal Support - To meet the needs of all our pupils through our overall ethos and our wider curriculum. For instance, developing resilience for all.

Additional support - For those who may have short-term needs and those who may have been made vulnerable by life experiences such as bereavement.

Targeted/personalised support - For pupils who need more differentiated support and resources or specific targeted interventions such as nurture groups or personal mentors.

Wellbeing

Wellbeing is about our thoughts, feelings, emotions and ability to react to life. A good sense of wellbeing is feeling ok and able to cope, even when life or situations are challenging. Sometimes things out of our control affect our wellbeing: illness, a stressful family situation or crisis.

When our wellbeing is affected and we don't feel able to cope, this can lead to mental health concerns: sadness, depression and unhelpful thoughts that can stop us from enjoying and coping with daily life.

Mental health Illness

Sometimes, people are born with a mental health illness which affects them throughout their lives. They might have different ways of being supported and coping with their mental health illness; they might take a medicine or they might have a doctor or counsellor that they talk to, to help them cope and regain a sense of wellbeing.

Mental illness is often invisible, but that does not mean it should be hidden. Statistics tell us that most people suffer from a mental health concern at some point in their lives and that one in ten young people struggle with their mental health. People with any illnesses, whether they affect our mental or physical health, deserve support, help and understanding.

Understanding and responding to our mental health and wellbeing needs is something we believe in at Lakeview School. We aim to take away the stigma and negativity and help our pupils and families to talk openly.

In this section of our website, we hope to share our activities and learning in school, as well as helpful advice, websites and contacts. If you would like to see anything added to this site, or to speak more about wellbeing and mental health, please ring school and speak to Mrs Strange (Inclusion Lead) or Mrs Mosby (Learning mentor) for a confidential chat.

Here are some websites designed specifically for children. We recommend that parents always look at and test out apps and games for themselves before introducing their children to them:

Young Minds
A website for children and young people. There are different sections offering information and advice on signs and symptoms, seeking help and looking after yourself. Some handy advice for parents too.

Positive Penguins

Aimed at 8 - 12 year olds. This app helps children to understand their feelings and challenge negative thinking. Four positive penguins take children on a journey to help them better understand the relationship between what they think and what they feel.

Dragon app

This app was developed by the Wakefield NHS Trust. It aims to teach 8 - 12 year olds how to make healthy choices for their mind and body. It uses a game where children are given a pet dragon to look after to build confidence and educate children about issues such as mental health and bullying.

https://www.saferinternet.org.uk/blog/digital-wellbeing-%E2%80%93-guidance-parents Digital

wellbeing

Information for adults

Here are some websites aimed at adults, dedicated to supporting Mental Health and Wellbeing. They contain lots of good advice and a series of free, downloadable books on a range of topics including anxiety, stress, the workplace, self-harm, mindfulness and exercise.

Mental Health Foundation

Mind - for better mental health