



Promoting and Protecting our Students' Mental Health and Wellbeing



At Hampstead School we strive toward being an emotional well-being environment, where all students and members of our learning community can feel safe, valued and nurtured. The school endorse the UN Convention on the Rights of the Child (UNCRC), as a Rights Respecting School, particularly Article 24: Every child has the right to the best possible health.

Outlined below is a summary of our good practices:

Promoting

To promote the positive mental health and resilience of our students, staff should:

- Be a role model for kind and thoughtful interactions with students
- Promote a sense of belonging for all children.
- Be consistent in following the school behaviour policy to provide boundaries, a safe environment, and teach students how to self-regulate
- Nurture students' self-belief and optimism through feedback, praise and incidental discussions.
- Persevere in fostering positive relationships with students
- Be mindful of stress levels and trigger points
- Support students with the skills to reflect and develop resilience.

Protecting

To identify early SEMH needs, staff should look out for students displaying the following signs:

Isolation from friends and family and becoming socially withdrawn	Not wanting to do PE or get changed for PE
Changes in activity, mood or eating / sleeping habits	Repeated physical pain or nausea with no evident cause
Underachieving academically	Physical signs of harm that are repeated or appear non-accidental
Expressing feelings of failure, uselessness or loss of hope	Signs of drugs or alcohol misuse
Secretive behaviour	Wearing long sleeves in hot weather
An increase in lateness or absenteeism	Talking or joking about self-harm or suicide

Remember: behaviour is often the communication of need.

If you are concerned about a mental health, or wellbeing issue, contact:

- Designated Safeguarding and Mental Health and Wellbeing leads – Heather Daulphin (Deputy Head teacher). Ms O’Riordan (SENDCO).
- Inclusion Manager (Student Support Centre) – Mr Stevens

Our on-site CAMHS worker, mentoring and counselling support are available, by appointment, to work with individuals or groups of students to promote emotional wellbeing and resilience.

Our Transition packages include assemblies and lessons to promote resilience, and our Educational Psychologists offer a suite of interventions to promote emotional wellbeing.

We also engage the services of NHS Child and Adolescent Mental Health Services (CAMHS).

Teachers will follow the ALGEE response to support a student displaying signs of poor wellbeing:

1. **Ask** - I’ve noticed this about your behaviour lately – is everything Ok? Is there anyone you feel comfortable and happy to talk to?
2. **Listen non-judgementally** - Give your undivided attention. Try to be comfortable with silences – allowing time for the young person to think / express what they’re feeling. Accept their worries are real for them and don’t be critical.
3. **Give reassurance and information** - Reassure that they can feel better with support.
4. **Enable the young person to get appropriate help** - Speak to a school safeguarding lead (see above). Make a note of observed changes in behaviour and key points.
5. **Encourage self-help strategies** - Develop a ‘wellbeing action plan’; encourage exercise, discuss their preferred coping strategies.

The above ALGEE response is taken from the Mental Health First Aid training (MHFA). All senior and the extended leadership team, at Hampstead School, have been trained in MHFA. In addition to this, all teachers, and associated staff have been trained in Attachment Theory.

Here are some useful wellbeing links, for you to explore:

- [Dr Pooky Knightsmith - Mental Health](#)
- [Anna Freud introduction](#) .The Anna Freud Centre has an abundance of rich resources and information for parents and schools. [Anna Freud toolkit for schools](#)
- [supporting mental health and wellbeing in schools](#)
- <https://youngminds.org.uk/resources/> - Information and resources about student and staff mental health and wellbeing.
- <https://www.london.gov.uk/what-we-do/health/investing-mental-health/mental-health-support-schools>
- <https://littf.com/> The most recommended free online course for stress, anxiety and depression. If you don’t know how to best support a child with emotional difficulties, this website may be a good start
- <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>
- <http://brandon-centre.org.uk/>
- <https://www.unicef.org/stories/social-media-bad-teens-mental-health>