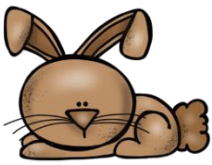


## Hook Infant School Mental Health and Wellbeing Strategy

“At Hook Infant School we work together as a community to provide a happy, secure and stimulating environment where children are motivated to learn, are valued as individuals and encouraged to achieve their full potential.”

Alongside our mission statement, our five school values of Respect, Kindness, Perseverance, Teamwork and Courage, represented by child friendly animals, underpin everything we do here at Hook Infant School.



Respectful Rabbit



Kind Koala



Persevering Panda



Teamwork Tiger



Courageous Cat

### What is Mental Health and Wellbeing?

The World Health Organisation (WHO) defines mental health and wellbeing as follows:

*"Mental health is not just the absence of mental disorder. It is defined as a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."*

Mental health and wellbeing can fluctuate from good to poor and we all experience this at different times in our lives. Good mental health does not always mean that you feel happy or that you never have bad moods or bad days. Having good mental health is about feeling positive about ourselves and others, being able to form good relationships, and having the resilience to overcome challenges.

For our children here at Hook Infant School this means they are able to:

- attend school and engage in their learning,
- be curious and learn about the world,
- develop positive relationships with both adults and peers,
- feel and express a range of emotions appropriately in a variety of contexts,
- manage change and uncertainty with confidence and resilience,
- develop and thrive to reach their full potential.

## How do we foster and promote good mental health and wellbeing?

Through our safe, calm and supportive learning environment early targeted support for pupils and learners who need help is acted upon in a timely manner. Our taught curriculum and wider curriculum offer, actively promotes positive mental health and wellbeing for all pupils. The recent implementation of the SCARF programme to enhance the PSHE/RHE curriculum further, teaches the additional values of Safety, Caring, Achievement, Resilience and Friendship. This reinforces our school's mission and ethos to ensure a culture of positive mental health and wellbeing for all pupils, parents and carers, and staff. This will promote a greater understanding for the whole school community around mental health and wellbeing in children, young people and adults and the problems that can occur due to poor mental health and wellbeing. Through a co-ordinated and evidence informed approach this will lead to improved emotional health and wellbeing in children, young people and adults, resulting in a greater readiness to learn, along with improved attendance, attention, behaviour and attainment.

Please find further details of our PSHE/RHE curriculum [here](#) and our newly implemented SCARF programme here: [SCARF: Safety, Caring, Achievement, Resilience, Friendship \(coramlifeeducation.org.uk\)](https://coramlifeeducation.org.uk)

## What interventions do we offer in school for children who may be experiencing mental health and wellbeing difficulties?

We provide a number of interventions here in school to help improve the mental health and wellbeing of our pupils in addition to our statutory curriculum and wider curriculum offer. All referrals are made by the class teachers to the SENDCo who will then action the referral in conjunction with parents.

**ELSA (Emotional Literacy Support Assistant)** - ELSAs help children and young people learn to understand their emotions and respect the feelings of those around them. They provide the time and space for pupils to think about their personal circumstances and how they manage them.

**Canine Assisted Learning** – Canine Assisted Learning provides animal assisted therapy, interventions and activities supporting educational, behavioural and emotional development in young people.

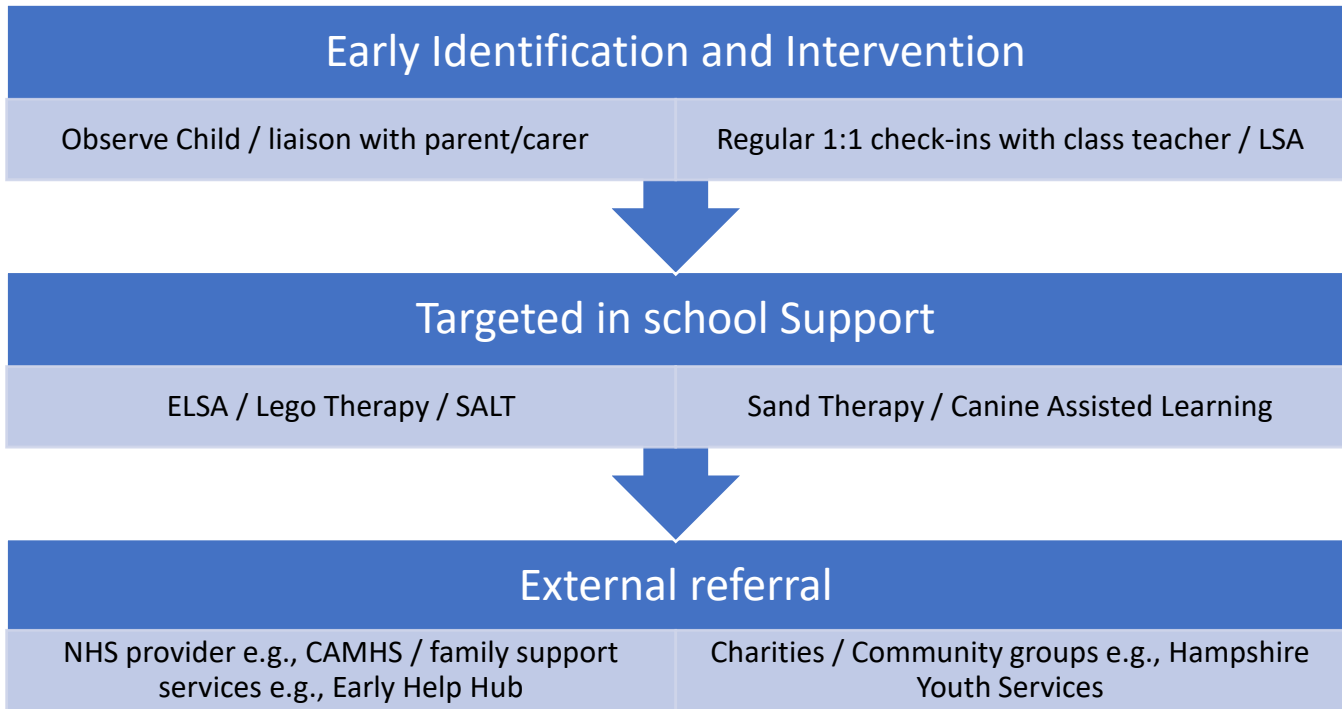
**Sand Therapy** - Sand Tray Therapy is a therapeutic approach that uses expressive, hands-on techniques. The therapist or counsellor holding the session will encourage the child to express themselves by creating a safe, imaginary world with a variety of figurines, toys, and props. These objects might include “real life” figurines such as trees, people, houses and animals, or imaginary figurines, like wizards and monsters.

**Lego Therapy** - Lego therapy is a play-based intervention which focuses on developing collaborative play skills and social skills.

**SALT (Speech and Language Therapist)** – these are individual programs provided by the NHS Speech and Language Therapy Service and undertaken by our school SALT assistant. Additional small group interventions are designed and implemented by our school SALT assistant to enhance communication and in turn children's mental health and wellbeing.

## How do we identify and support children who may be experiencing mental health difficulties?

We embed social, emotional and mental health awareness across the curriculum, with weekly SCARF (Safety, Caring, Achievement, Resilience, Friendship) PSHE lessons, through collective worship and circle time. In addition to this, we have a graduated approach for identifying and supporting children who may be experiencing further difficulties with their mental health and wellbeing as detailed in the flowchart below. At all stages, parents and carers are actively involved in the support for their children and this can sometimes result in further additional external family support.



## What training do we provide for staff around mental health and wellbeing?

All staff at Hook Infant School undertake annual safeguarding training as part of the statutory duties for all those working with children. Additional training and information regarding mental health and wellbeing is provided by the Senior Mental Health Lead, Mrs Hannan, who has undertaken Senior Mental Health lead training, as recommended in the Government documents [Promoting children and young people's mental health and wellbeing \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/441212/promoting-children-and-young-peoples-mental-health-and-wellbeing.pdf) and [Learning outcomes for senior mental health leads in schools and colleges \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/441213/learning-outcomes-for-senior-mental-health-leads-in-schools-and-colleges.pdf). All staff are then equipped to recognise the early signs of emotional distress and behavioural challenges, teach coping skills, emotional regulation, and problem-solving techniques to help the children to begin to understand their own emotions and feelings and seek support as necessary, over and above the taught curriculum. This is also beneficial to support staff with their own mental health and wellbeing and the mental health and wellbeing of the whole school community.

## How do we support parents/carers with mental health and wellbeing?

The Senior Mental Health Lead is actively engaged with other professionals by participating in a Mental Health Forum which is organised and conducted by a team of practitioners from the NHS/CAHMS and includes other professionals such as charity organisations and other community resources. The Senior

Mental Health Lead disseminates relevant information via the school ParentMail system, is able to meet with families, and make external referrals for any additional family support as needed.

### How do we support our staff with mental health and wellbeing?

We are a supportive and caring staff team here at Hook Infant School who actively support one-another on a day-to-day basis. Staff meetings for wellbeing are regularly planned into the CPD schedule for teaching staff and when planning events, consideration is given to the work-life balance of all staff. As an employee of Hampshire County Council all staff have access to a free, confidential and impartial employee support service. The Senior Mental Health Lead disseminates relevant information to all staff and is available as needed.

### What to do next if you have a concern about the mental health and wellbeing of your child

In the first instance, please inform your child's class teacher who will start the Early Identification and Intervention part of our graduated approach. Your class teacher will liaise with the Senior Mental Health Lead and/or the SENDCo. Please also see the below list of websites which may be of use.

- [ChatHealth : Hampshire Healthy Families](#) (school nursing team)
- [CAMHS \(hampshirecamhs.nhs.uk\)](http://hampshirecamhs.nhs.uk) (Child and Adolescent Mental Health Service)
- [Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk) (NHS service for advice and support)
- [Improving children's and young people's mental health – Place2Be](#) (support for parents and carers, and schools)
- [Anna Freud | Anna Freud](#) (world-leading mental health charity for children and families providing advice, support and training)
- [Home - HYA \(hampshireyouthaccess.org.uk\)](http://hampshireyouthaccess.org.uk) (Hampshire Youth Access providing therapeutic support to children and young people)
- [Childline](#) (information, advice and support for children and young people with an under 12's service)
- [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#) (support for young people with mental health and wellbeing, families and professionals)
- [NSPCC | The UK children's charity | NSPCC](#) (prevent abuse, help rebuild children's lives and support families)
- [Home - HappyMaps: Help and Resources for Children's Mental Health](#) (support, advice and information platform)

### What to do next if you are struggling with your own mental health and wellbeing

If you feel that you need support, please see the below list of websites which may be of use.

- [NHS Talking Therapies Hampshire, your local psychological therapy service \(italk.org.uk\)](http://italk.org.uk) (NHS service alongside GP services for people to improve their mental wellbeing through education, guided self-help tools and evidence-based talking therapies)
- [Home - Mind](#) (information and support for mental health and wellbeing)
- [Samaritans](#) (support 24 hours a day, 365 days a year – call 116 123)
- [NHS 111](#) (for immediate medical help)

### Other websites offering support:

- [5 steps to mental wellbeing - NHS \(www.nhs.uk\)](https://www.nhs.uk) (NHS service providing advice to improve mental health and wellbeing)
- [Back to Basics | Children and Families | Hampshire County Council \(hants.gov.uk\)](https://hants.gov.uk) (Advice and support to empower parents and carers to support their child's emotional wellbeing within the home)
- [Home-Start UK](https://www.home-start.org.uk) (advice and support for families with children under 10 years old)
- [Spotlight UK Charity](https://www.spotlightukcharity.org) (support for children and young people, their families and carers, who are suffering from a life-limiting condition or mental or physical disability)
- [Home | CAP UK](https://www.capuk.org) (Christians Against Poverty – helping to end poverty and debt support)
- [Hampshire and IOW Support for Neurodiverse Families | Barnardo's \(barnardos.org.uk\)](https://www.barnardos.org.uk) (help and support for families)
- [Hart Foodbank](https://www.hartfoodbank.org) (emergency food and support for families in crisis)
- [Community pantries – Hampshire](https://www.communitypantries.org) (supporting the needs of local communities)

We have an open-door policy and always welcome our families into school at any time. Please contact our Senior Mental Health Lead, Mrs L Hannan at: [office@hook-inf.hants.sch.uk](mailto:office@hook-inf.hants.sch.uk)

Staff Contact and Designation at: [office@hook-inf.hants.sch.uk](mailto:office@hook-inf.hants.sch.uk)

Mrs L Hannan – Deputy Headteacher (DHT), Senior Mental Health Lead and Designated Safeguarding Lead (DSL)

Mrs M Walker – Headteacher and Deputy Designated Safeguarding Lead (DDSL)

Mr P West – DDSL

Mrs L Ross – Key Stage 1 (KS1) Special Educational Needs Co-ordinator (SENDCo)

Mrs D Walters – Early Years Foundation Stage (EYFS) SENDCo & EYFS Leader