

# Mental Health and Wellbeing Statement of Practice



**Our Christian Mission is:**

“I am able to do all things through Christ  
who strengthens me”

Philippians 4:13

**Our Christian Values are:** Wisdom, Hope,  
Community and Dignity

Document Owner	Assistant Principal
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## Introduction

This document sets out the arrangements for ensuring that any student who requires support for mental health issues is effectively supported at the academy.

This statement of practice is linked to our core value 'Community' and the bible scripture below:

**Be like-minded, be sympathetic, love one another, be compassionate and humble. (1 Peter 3:8)**

This verse reminds us to love, respect and support each other. At Nottingham Emmanuel School we want to ensure that all members of the school community feel loved and supported at all times; but especially when they are struggling and anxious. The Bible reminds us to utilise prayer and ask God for strength and support for others and ourselves:

**Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)**

## Related Policies, Statements of Practice and Procedures

- Behaviour Statement of Practice
- SEN policy
- PSHE policy
- Attendance and Punctuality Statement of Practice
- Safeguarding Policy
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## Statement of Practice

We believe that parents/carers choose Nottingham Emmanuel School due to the insistence on the highest levels of respect shown not only between each member of our school community. Pastoral care is very strong at Nottingham Emmanuel School with non-teaching Year Leaders on call throughout the day to support students and parents. Our Year Leaders are all DSL trained and regularly have additional training to ensure that they are prepared to deal with a variety of mental health issues which may present at school. We believe that every student has the right to feel loved, safe and secure within our school. In light of this, we actively seek to promote positive mental health and wellbeing in all staff and students, increase understanding and awareness of common mental health issues and alert staff to early warning signs of poor mental health and wellbeing. We are committed to providing support to staff working with young people with mental health and wellbeing issues as well as securing support for students suffering mental ill health.

Our faith encourages us to intervene appropriately and in a timely manner whenever a student is in need of support for emotional or mental health reasons. The action taken will always be with a view to accessing appropriate support whilst developing the character of our students, working with them to find interventions or strategies to help them. Our hope is that all students will leave us with the capacity to know how to look after their mental health and know where to seek support when needed as they move towards, and through, their adult lives.

## Lead Members of Staff

Whilst all staff have a responsibility to promote the mental health of students. Staff with a specific, relevant remit include:

Robert Tapp – Assistant Principal (Pastoral) and Designated Safeguarding Lead

Alana Watson - Trust Designated Safeguarding Lead

Sarah Anderson – Assistant Principal (T&L/CPD) Mental Health Lead

Greg Jackson – Pastoral Lead (Senior Year Leader)

Oliver Marsh - Year Leader

Sharna Featonby - Year Leader

Hugh Gardner - Year Leader

Jarhen Barrow - Year Leader

Mari Paskin – SENDCo

Karen Thompson – ELSA

Wasim Ayub - ELSA

Deanne Gardner – School Counsellor

Symonne Banton – Chaplaincy Youth Worker

Charlotte Bassett - Head of PSHE

Any member of staff who is concerned about the mental health or wellbeing of a student should report their concern to the safeguarding team in the usual way through the DSL email alias in the first instance. If the student presents a medical emergency then the normal procedures for medical emergencies should be followed, including alerting the first aid staff and contacting the emergency services if necessary.

## Tiered Support

Whilst we have robust and supportive mechanisms of support within our Academy, we value the work of other agencies and the input of key professionals to ensure a holistic, inclusive and comprehensive approach for all. We may seek advice from the Trust Safeguarding Lead as well as liaising with a range of agencies. We recognise that different people require different levels of support and respond to each individual's need as necessary, in addition to raising awareness about mental health issues and self-care via PSHE input with all students. Students who need extra support to manage their mental health could, for example, be signposted to services such as KOOTH, CAMHS/Sharps or mentoring. When a more specialist team input is required, we will liaise with specialist CAMHS and other health and mental health services:

- CAMHS
- BEMHS
- School counsellor
- Children and Families Direct
- A variety of agencies to support alcohol and/or drug misuse
- Community Paediatrician