



Newbridge Learning Community

Mental Health Policy

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Policy current at: November 2023

To be reviewed: November 2025

Policy for promoting Mental Health in Newbridge Learning Community

This policy has been developed in accordance with the principles established by the Children Acts 1989 and 2004; the Education Act 2002, and in line with government publications: 'Working Together to Safeguard Children' 2013, Revised Safeguarding Statutory Guidance 2, The guidance reflects, 'Keeping Children Safe in Education' 2022.

Introduction

Mental health is how we feel, how we think and how we behave. Mental Health Promotion for children and young people is everyone's business.

Newbridge was awarded **GOLD** school under Wigan's mental health standards; we aim to continue to build on all the excellent practice identified in attaining this award.

It is about:

- Being able to form and maintain relationships with others
- Being adaptable to change and other people's expectations
- Being able to have fun
- Being open to learning
- Being able to develop a sense of right and wrong
- Being able to develop the resilience to manage ordinary setbacks

At Newbridge we recognise that all our pupils need the foundation of positive mental health to benefit fully from all of the opportunities available to them.

All children and young people need to:

- Be able to connect with others by participating in groups and teams
- Know they are capable and able to achieve
- Know they count in their world and can contribute in their community
- Know they have courage and can manage risks appropriately

Everyone experiences life challenges that can make us vulnerable. At times, anyone may need additional support to maintain or develop good mental health.

1 in 10 children and young people aged 1-15 years have a clinically recognisable mental disorder in any one year.

1 in 4 adults will experience mental health difficulties; at least half of these difficulties can be traced back to childhood.

The mental health of not only the pupils or Newbridge but also the staff, parents and carers and the wider whole school community will impact on all areas of development, learning, achievement and experiences.

All the pupils at Newbridge have the right to be educated in an environment that supports and promotes positive mental health for everybody. All staff have the right to work in an environment that supports and promotes positive mental health for everybody.

At Newbridge we recognise these needs and rights and are committed to raising awareness, increasing understanding and ensuring that we do make a difference by providing a place where all our pupils feel safe, secure and able to achieve and experience well-being.

Newbridge offers a learning environment that promotes and enhances positive mental health. A consistent approach means that the school environment and school ethos will promote the mental health of the whole school community.

Healthy relationships underpin positive mental health and have a significant impact.

A mentally healthy environment has:

- A clear and agreed ethos and culture that accords value and respect to all
- A commitment to being responsive to pupil'
- Clearly defined mental health links in school policies
- Clear guidelines for internal and external referrals
- Strong links with external agencies to provide access to support and information
- A named lead for mental health promotion with the expectation that there is support and involvement and an ethos that "mental health" is everyone's business.

At Newbridge we are committed to providing a mentally healthy environment. This is a place where our pupil's:

- Have opportunities to participate in activities that encourage belonging
- Have opportunities to participate in decision making
- Have opportunities to celebrate academic and non-academic achievements
- Have their unique talents and abilities identified and developed
- Have opportunities to develop a sense of worth through taking responsibility for themselves and others

- Have opportunities to reflect
- Have access to appropriate support that meets their needs
- Have a right to be in an environment that is safe, clean, attractive and well cared for
- Are surrounded by adults who model positive and appropriate behaviours, interaction and ways of relating at all times

At Newbridge we are committed to providing a mentally healthy environment. This is a place where the staff:

- Have their individual needs recognised and responded to in a holistic way
- Have a range of strategies that support their mental health, e.g. a named person to speak to, signposting
- Have recognition of their work-life balance
- Have the mental health and well-being of the whole staff team reviewed regularly
- Feel valued and have opportunities to contribute to decision making processes
- Celebrate and recognise success
- Are able to carry out roles and responsibilities professionally
- Have their unique talents and skills recognised and opportunities are provided for development
- Have time to reflect
- Can access proactive strategies and systems to support them at times of emotional needs in both the short and long term

At Newbridge we are committed to providing a mentally healthy environment. This is a place where parents/carers:

- Are recognised for their significant contribution to their children's mental health
- Are welcomed, included and work in partnership with schools and agencies
- Are provided with opportunities where they can ask for help when needed
- Are signposted to appropriate agencies for support
- Are clear about their roles and expectations of their responsibilities in working in partnership with schools
- Opinions are sought and valued and responded to
- Strengths and difficulties are recognised, acknowledged and challenged appropriately

At Newbridge our aim is to create a mentally healthy environment where the whole school community:

- We are a Trauma Informed School
- Is involved in promoting positive mental health
- Is valued for the role it plays in promoting positive mental health
- Contributes towards the ethos of the school

A healthy learning environment provides opportunities that promote positive mental health, through the standard curriculum and extended provision e.g. SEAL, play, nurture groups, differentiated learning activities, individual timetables, parent/carer groups, challenging stereotypes, etc