



Errington Primary School

Mental Health offer

2022-2023

Written by: Miss Bennison

Date: July 2022

Introduction

At Errington, we pride ourselves on developing the whole child; a big part of which is focussing on the emotional wellbeing and mental health of each of our pupils.

Following a turbulent couple of years, more children than ever are struggling with their mental health and emotional wellbeing. This might be a child who finds it difficult to regulate their feelings, a child who feels anxious or has low mood, a child who struggles to navigate relationships, or it could be that a child feels lonely, among other things. We have a fantastic array of support on offer to all children here at Errington. We are great believers in accessing early intervention at the first signs of need, as this can prevent smaller issues progressing and becoming more problematic, whilst developing safe and healthy ways to manage emotional wellbeing.

There are a number of systems in place to support every child in school, and a detailed graduated response which demonstrates the incremental levels of support available to children who need it.

Over the last year, our staff and have worked hard to offer a high standard of support in school. We encompass mental health and wellbeing in all we do, and this is reflected in the way our pupils are beginning to manage their own emotional wellbeing.

We strive to continually enhance our mental health offer, and so we welcome any comments, queries or concerns; these can be directed to office@tvc.ac.uk for the attention of the Mental Health Lead.

School staff

In school, we have a Senior Mental Health Lead (SMHL) who has trained with the The National College and is a qualified Mental Health First Aider for young people. Alongside this, our SMHL has completed the SENCO qualification and has undertaken a number of courses and qualifications to ensure best practice in Mental Health for all of our children.

Our SMHL is part of a number of networks with colleagues in a similar role who support each other to ensure the delivery of a high-quality offer; this means ideas are shared, resources are pooled, and challenges are tackled together.

Curriculum

When nurturing the mental health and wellbeing of our pupils, it is important that we have a solid curriculum which is based on the fundamental need to be emotionally well in order to learn. As such, we have recently written and implemented our Whole Child curriculum. This curriculum envelopes all PSHE matters and ensures that our pupils here at Errington have the best opportunity to become well-rounded children.

Core offer

All children have access to a fundamental level of mental health support. This takes the form of weekly drop-in sessions with our SMHL during lunch times, where children can come to talk about anything that is on their mind. If a child needs to talk but doesn't want to come to a drop in, there is a post-box system in which a child can post a note to the SMHL and it will be followed up at an appropriate time.

We have the use of the Yellow Room, where all mental health sessions take place. It is purposely designed for this sole-use, and offers a range of equipment and resources to create a safe place in which children can explore their mental health with their adult.

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As well as this, we have children in school who are Head Starters. They wear bright yellow hoodies to ensure they are visible around school, so children know who to approach. They are trained to offer peer support and be emotional wellbeing champions for our school; this means children can go to a child in school for some emotional support if they do not want to go to a teacher. In the year 2021-2022, we trained 12 Head Starters across KS2 to Bronze level. For the year 2022-2023, we will continue their training to Silver level. We are also exploring opportunities to receive formal accreditation for the great work we do here at Errington around mental health.

External Services

As a school, we have access to a wide range of valuable resources and agencies who offer high-quality support to our children.

Head Start

Head Start is an NHS initiative which works towards giving all children in south Tees the necessary support to build resilience and achieve good emotional health. They do this by training children to become Head Starters, as described above, and delivering workshops to young people to enhance their understanding of resilience. Alongside this, Head Start supports children with transition to secondary school, offers staff training and supports school develop a whole school approach to supporting mental health. The work done by Head Start is underpinned by a researched, evidence-based Resilience Framework, which we aim to thread into our daily practices here at Errington:

Resilience Framework (Children & Young People) Oct 2012 – adapted from Hart & Blincow 2007 www.boingboing.org.uk					
	BASICS	BELONGING	LEARNING	COPING	CORE SELF
SPECIFIC APPROACHES	Good enough housing	Find somewhere for the child/YP to belong	Make school/college life work as well as possible	Understanding boundaries and keeping within them	Instil a sense of hope
	Enough money to live	Help child/YP understand their place in the world		Engage mentors for children/YP	
		Tap into good influences	Solving problems		Support the child/YP to understand other people's feelings
	Being safe	Keep relationships going	Map out career or life plan	Putting on rose-tinted glasses	
	Access & transport	The more healthy relationships the better		Help the child/YP to organise her/himself	Fostering their interests
		Take what you can from relationships where there is some hope	Calming down & self-soothing		
	Healthy diet	Get together people the child/YP can count on	Highlight achievements	Remember tomorrow is another day	Help the child/YP take responsibility for her/himself
	Exercise and fresh air	Responsibilities & obligations			
		Enough sleep	Focus on good times and places	Develop life skills	Lean on others when necessary
	Make sense of where child/YP has come from				
Play & leisure	Predict a good experience of someone or something new	Have a laugh	There are tried and tested treatments for specific problems, use them		
Being free from prejudice & discrimination	Make friends and mix with other children/YPs				
NOBLE TRUTHS					
ACCEPTING		CONSERVING		ENLISTING	

Northern Guild of Psychotherapy and Counselling

We are lucky enough to have hosted two counsellors and psychotherapists from the Northern Guild of Psychotherapy and Counselling for their training placements in the year 2021-2022. For the coming year, we intend to host at least one more practitioner from the Northern Guild for a training placement, and will continue to offer placements going forwards.

Inside Out Mental Health Support Team

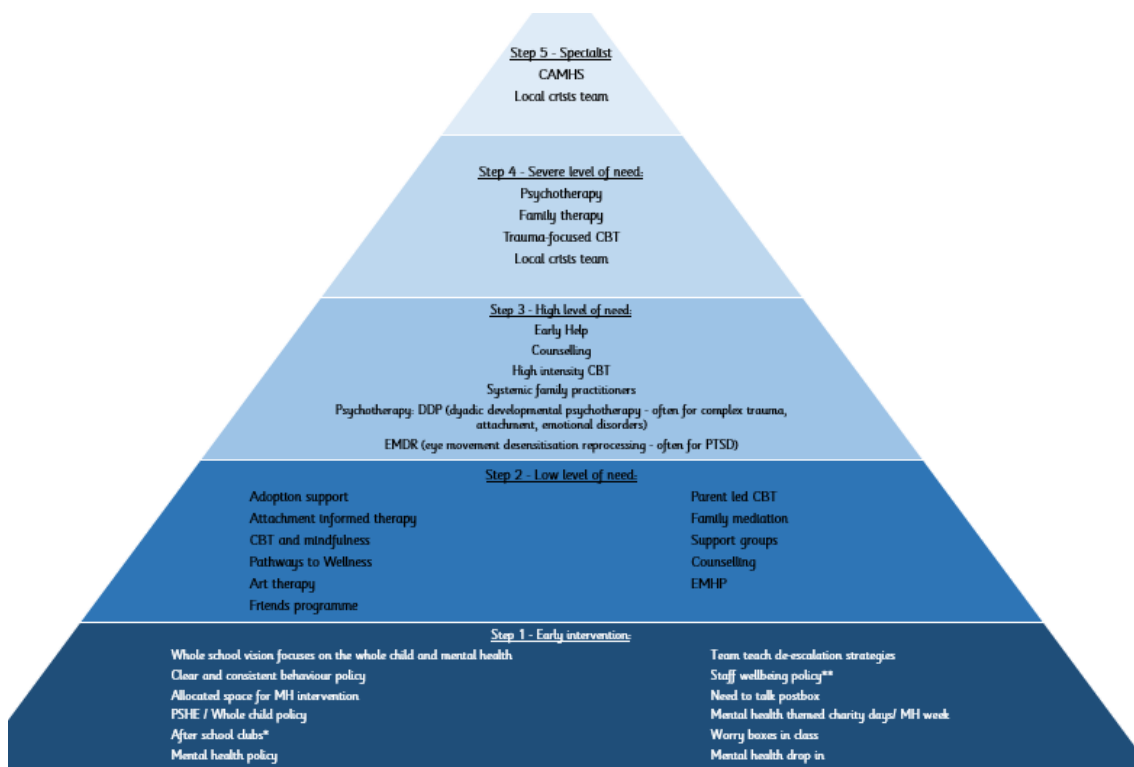
Inside Out is a partnership formed within South Tees NHS to create a mental health support team (MHST). This partnership brings together the following agencies, to provide the highest quality care to our children and young people: The Link Redcar, Middlesbrough and Stockton Mind, The Junction Redcar and Middlesbrough, A Time 4 You Redcar and Middlesbrough, ABC, Changing Futures North East and Redcar and Cleveland Mind. By accessing this partnership, we are able to offer a variety of mental health support

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and a range of therapies to suit many different needs. Please see the pyramid of need below to see specific therapies available. Along side this, we work with an Educational Mental Health Practitioner (EMHP) who is based in school one day per week. Their role is to support the SMHL in developing and introducing a whole school approach to mental health. They also deliver evidence-based interventions for mild to moderate mental health needs.

Specific Support

The pyramid of need below collates all types of support we have access to across the range of external agencies we work with, separated to demonstrate a graduated response depending on level of need. This shows the comprehensive offer which we are proud to be able to provide.



Huddle

We have robust systems in place in school to ensure no child's needs are left unsupported. As well as the core offer of support available to every child at Errington, staff continuously monitor the need for any potential intervention. As a school, we meet each week to discuss the needs of any children who we feel

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may need additional support with their mental health and wellbeing. This may be because a parent or carer has approached a staff member to ask for support for their child; because the child has voiced their own need for support; or because a staff member has picked up on a child behaving or acting differently. It is an informal meeting, or huddle, where professionals from the various external agencies we use come together to discuss a child's emotional wellbeing. During a huddle, we will talk about why a child may be experiencing some difficulties, what support we think may be useful and how we can best support the child and their family. After a huddle, a staff member may contact the family of a child and discuss their needs in greater depth. Families should always rest assured that we always have the best interests of a child at the forefront of our practices. It can seem daunting when a staff member approaches a child's mental health with their family, but it is important to remember that such early intervention provides the child coping mechanisms to manage their own emotional wellbeing; it allows the child to explore their thoughts and feelings in a safe and healthy way; and tackles to stigma around mental health.

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Links:

South Tees NHS Head Start programme: <http://headstartsouthtees.co.uk/>

The Resilience Framework: <https://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework/>

Northern Guild of Psychotherapy and Counselling: <https://www.northernguild.org/>

Inside Out mental health support team: <https://www.redcarlink.com/our-services/mental-health-support-teams/>

The Link Redcar: <https://www.redcarlink.com/>

Time 4 You: <https://time4youcounselling.co.uk/>

The Junction: <https://thejunctionfoundation.com/services/>

Mind: <https://www.mind.org.uk/>

PSHE at Errington- The Whole Child Curriculum: <https://www.erringtonprimary.co.uk/pshe/>