

Links with other policies

This policy should be read in conjunction with the E-Safety Policy; Accessibility Plan; Anti-Bullying Policy; Child Protection Policy; RSE, Health & PSHCE Policy; SMSC & British Values Policy; Special Education & Inclusion Policy.

What is meant by 'mental health difficulty'?

The term 'mental health' describes a state of well-being 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. A mental health difficulty is one in which a person is distracted or unable to engage with ordinary life due to upsetting, disturbing thoughts and/or feelings. These problems may distort or negatively impact a person's view of the world and produce a variety of symptoms and behaviour likely to cause distress and concern.

Incorporating this into our curriculum at all stages is a good opportunity to promote pupils' wellbeing through

Physical signs of harm that are repeated or appear non-accidental
Changes in eating / sleeping habits

Keep parents informed about the mental health topics their children are learning about in Personal Development / SMSC and share ideas for extending and exploring this learning at home.

Supporting Peers
When a pupil is su