

**نويا**  
مدرسة بريطانية



**NOYA**  
BRITISH SCHOOL

## STUDENT MENTAL HEALTH POLICY

<b>Policy</b>	<b>Student Mental Health policy</b>
<b>Policy issued:</b>	<b>May 2024</b>
<b>Next review:</b>	<b>May 2025</b>
<b>Lead Professional:</b>	<b>Senior Leadership Team</b>
<b>SGG ratification</b>	

## Aim

At Noya British School we prioritise the wellbeing of all of students. We want to ensure that we foster an environment that promotes children's mental health and ensures that we have happy and healthy students both in school and in the community. Every child should have access to a safe and supportive learning environment that promotes and responds to their learning, development and mental health needs. The purpose of this policy is to outline how to recognise mental health difficulties in students, understand what preventative measures can be taken and to understand what the school's initiatives are on improving children's wellbeing. It will highlight what to do if you are concerned about your child and who you can contact.

## What is mental health?

The World Health Organisation 2022 describes mental health as a state of wellbeing in which an individual realizes their own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to their community.

Being mentally healthy during childhood means reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities (CDC 2024).

## Signs that a child could be struggling with their mental health

- Appearing withdrawn and not enjoying activities that they were previously.
- Feeling tearful regularly.
- Experiencing low self-esteem and speaking negatively about themselves.
- Spending more time alone and avoiding spending time with family and friends.
- Changes in eating or sleeping habits.
- Increased irritability.
- Regressing in developmental milestones such as wetting the bed or having toileting accidents.
- Is afraid or worried a lot.
- Complaining of physical problems such as headache and upset stomach more frequently.
- A decline in academic performance and poor concentration in school.

## What can parents do?

- Recognise that your child's feelings are valid and let them know it's okay for them to be honest about how they're feeling.

- Be patient and stay calm and approachable, even if their behaviour upsets you.
- Let your child know that you are there for them.
- Offer your child encouragement so that things will get better with support.
- Speak to your child's teacher and let them know your concerns. You may ask for your child to access support from the school counselling service.
- Encourage a healthy lifestyle including good sleeping habits.

## Prevention strategies

There are many different strategies that can be implemented by schools and parents that can help keep children mentally healthy and improve their overall well-being. These strategies can include:

- Encouraging children to have regular exercise throughout the day.
- Eating a healthy diet.
- Teaching children how to recognise and understand their emotions can improve their ability to communicate how they are feeling.
- Teaching coping strategies such as mindfulness, deep breathing and other activities that can relieve stress.
- Promoting and implementing healthy sleep habits.
- Increase awareness of mental health difficulties so that the signs and symptoms can be recognised earlier.
- Students should be taught strategies to help with time management and organisational skills to aid with their learning and reduce their stress.

## How will the school support student's mental health?

- Mental health will be prioritised and integrated in all areas of the school. Students will start their day with a wellbeing "check in" and will end the day with a wellbeing "check out" to encourage students to talk about how they are feeling and allows monitoring of any concerns. This will aid early intervention as any concerns around the child will be flagged and referred to the school counselling service for extra support.
- The school will create an enabling learning environment for positive mental health and well-being and this will include embedding mental health into the curriculum.
- There is a clear referral process for the counselling service and external providers to make accessing services easier for staff and parents. The school has a partnership with an external provider to allow a smoother referral process for our students and in school support.

- Training for staff to ensure that they are able to recognise students at risk of poor mental health and put appropriate support in place to provide early intervention.
- Workshops for children and parents to understand mental health, how to recognise symptoms and what support is available.
- Celebrating awareness campaigns such as “World Mental Health day” and “Neurodiversity week” to further educate and reduce the stigma surrounding mental health.
- Early referral to the school counselling service for students who are displaying some signs of poor mental health, or for those who are identified as being at risk of poor mental health.
- Liaising with external providers for more specialist support where the need cannot be met within school.
- Healthy eating will be incorporated into the school day with the school using an external provider to deliver healthy meals and encouraging the children to bring healthy and nutritious foods for those who do not have them.
- Extra support will be put into place for students during stressful events like preparing for exams.
- The students will have access to a wellness area where they can attend if they feel they need space or extra support.
- There is an excellent inclusion support service within the school to provide support for those students with additional needs. Further information can be found in the Inclusion policy.
- Wellbeing activities will be incorporated into the school ECA program.
- Risk assessments will be completed for those students struggling with their mental health.

## **Who to contact if you are concerned about a child’s mental health**

Students and parents can discuss any concerns with the child’s teacher. They can also self-refer to the school counsellor if they would like to access this support.

If you have significant concerns regarding your child’s mental health, then please contact your primary care doctor.

## **References**

This policy should be considered alongside the Student Wellbeing policy and the Inclusion policy.