Student Mental Health and Wellbeing Policy

Policy reviewed by:	**Safety & Wellbeing Committee**
Meeting:	**Summer**
Review frequency:	**Annually**
Approved:	**May 2026**
Next review:	**May 2027**

At Selly Oak, we are committed to supporting the positive mental health and wellbeing of our whole school community. We recognize that good mental health and emotional wellbeing is important for us all.

We endeavor to ensure our students are able to manage times of change and stress. We aim to ensure that they are supported to access help when they need it.

Students are taught that emotional wellbeing and mental health exist on a continuum. We have a role to ensure that students learn about what they can do to maintain positive mental health and emotional wellbeing, what affects their mental health, and where they can go, both inside and outside of school, if they need help and support.

We will ensure we have a trauma informed and restorative approach to behaviour management and that no student is unfairly disadvantaged in their education, as a result of an unmet need or a trauma lead response to a situation.

Whole School Strategy:

Senior leaders, Engagement staff and identified teachers will be trained in Mental Health, Attachment and Trauma.

We will consistently apply our values, ethos and policies to support good mental health and emotional wellbeing.

All staff will have relevant training, in line with their job roles and responsibility areas.

We will create a physical environment that is supportive of positive mental health and emotional wellbeing.

We will create an open culture where it is commonplace to talk about emotions and mental health and emotional wellbeing.

Students will have daily wellbeing check-ins, through our Zones of Regulation process.

Through our Skills for Life curriculum, we will teach students social and emotional skills, resilience and an awareness of good mental health strategies.

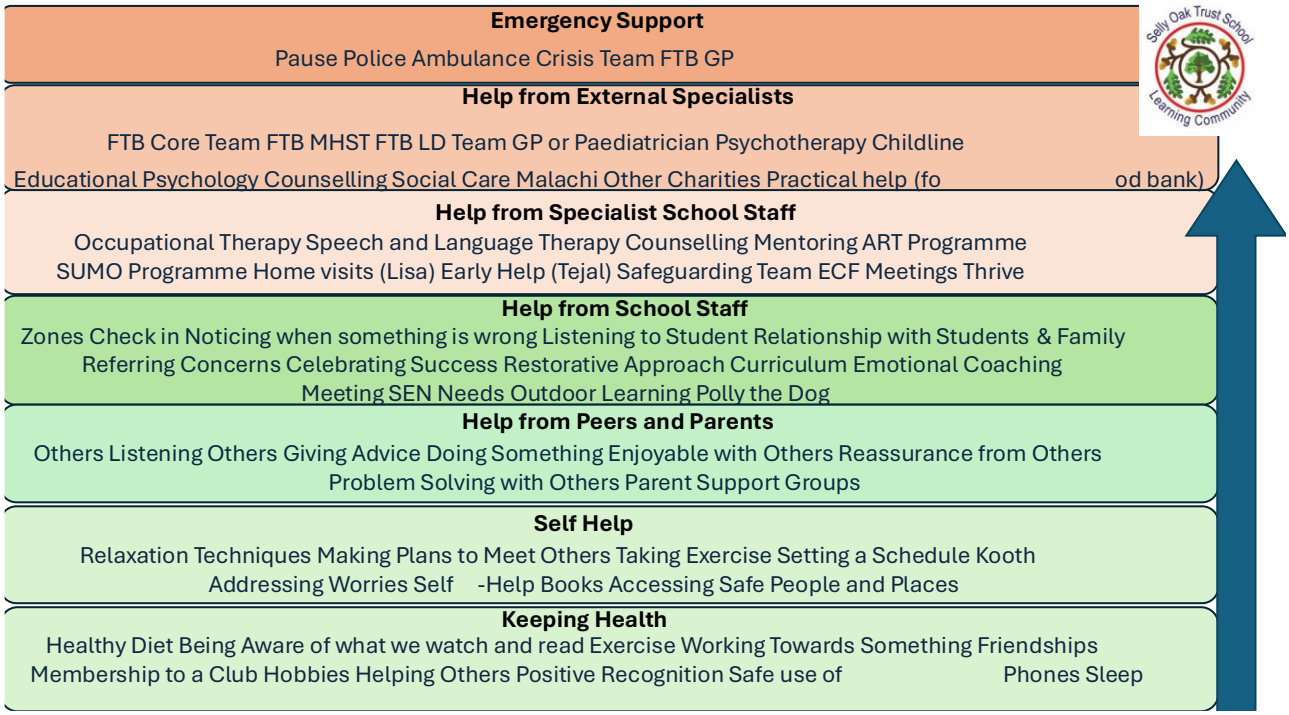
Through our whole curriculum, we will promote self-esteem and ensure our students understand their importance and value in the school and in the wider community.

Through our wider enrichment curriculum, we will encourage students to take up opportunities that develop their talents and interests, and plan for volunteering and community-based opportunities.

All students will have a voice and will be able to take part in a committee or contribute their ideas to the school community, developing a sense of responsibility for themselves and others.

Academic and non-academic achievements will be celebrated through our reward system, awarding of praise cards, in assemblies and celebration events, and at Headteacher events.

All students' mental health and emotional wellbeing will be supported through the strategy outlined below.



Overview of Universal and Specialist Mental Health Provision:

We believe that all staff have a responsibility to promote positive mental health and to understand the protective and risk factors for mental health. Some students will, at times, require additional help; all staff should have the skills to identify warning signs and ensure that a pathway to early intervention is accessible.

Inline with the school Safeguarding and Child Protection Policy staff who have a concern about a student's mental health or emotional wellbeing must share this concern with the school's DSLs via disclosure / concern form. The initial risk will be assessed; actions and signposting will then follow depending on the concern.

All students have a named and known Pastoral Support Lead, who will provide daily support for concerns or worries, and liaise with our families.

Students are able to use the 'I'm Worried' slips, that are available in every classroom, to alert pastoral staff to their concern.

We have a referral system that quickly flags up any concerns from staff and is then reviewed at Strategy Meetings by a team of staff who will make further referrals or arrange for interventions to be put in place.

Assessments and referrals to outside agencies will be done quickly and followed up in a swift timeframe.

We endeavor to work closely with all relevant specialist agencies and external support services, including; Forward Thinking Birmingham, Children's Services, the Educational Psychology Service, School Pediatric Doctors and Nursing Service, Voluntary organizations and external therapy services.

Student Attendance:

If a student's attendance starts to be affected by their mental health and they identify that attending school is difficult due to their mental health a member of staff will contact home to arrange support for the student and parents / carers.

Risk Assessments and Safety Plans:

Some students' mental health or emotional wellbeing needs may require an individual risk assessment to identify control measures to maintain safety for students in school. Additionally, some students may require safety plans written by mental health professionals. In such cases information will be shared with the relevant staff. Records of risk assessments will be kept on the student's profile page and will feed into their EHCP provision as required.

Working with Families:

It is essential that we have good relationships with our families, so that we can work together to support students' positive mental health and wellbeing.

We will keep our families informed about mental health topics taught through our Skills for Life curriculum.

We will sign post parents/carers to services through the individual work we do, through our website, through workshops and through signposting to relevant programmes.

Individual and small group intervention sessions for parents are run throughout the school year. Sessions focus on sharing the provision offered in school, that support students emotional wellbeing and mental health. If a concern is raised during these sessions it must be reported to the school's DSL team, in line with the safeguarding policy.

Key Staff:

Senior Mental Health Lead and Senior DSL (Designated Safeguarding Lead) – Martin Gore, Deputy Headteacher

Deputy DSL – Mark Wilkinson, Assistant Headteacher

DSL – Tracey O'Meara, Kayleigh Leadbeater and Sharn Malhi

Mental Health and Emotional Wellbeing Lead - Kathrine Crowe

Mental Health and Emotional Wellbeing Support – Daniella Dalhouse

Wellbeing Manager – Tejal Naik

Lead Occupational Therapist –-Leanne Rouse

Lead Speech and Language therapist - Loretta Lynch

Team of Mentors, including Attachment Mentors

Pastoral staff trained in Mental Health First Aid

Related Policies

Safeguarding and Child Protection

KCSiE-2025

Behaviour, Exclusion and Anti-Bullying Policy

Relationships and Sex Education Policy

Attendance Policy