

BROCKHURST & MARLSTON HOUSE SCHOOLS

Including all of the Pre-Prep Department and Early Years Foundation Stage

MENTAL HEALTH POLICY

Brockhurst & Marlston House Schools (the School) is committed to providing the best possible care and education to its pupils, and to safeguarding and promoting the welfare of children and young people. This policy is written with that commitment in mind, and in accordance with KCSIE September 2025.

Last review: September 2025

Next review: September 2026

Introduction

This document outlines the school's commitment to promoting positive mental health and wellbeing for all members of the school community. It should be read in conjunction with the following policies:

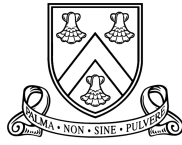
- Aims and Ethos Policy
- Behaviour and Discipline Policy
- Child Protection and Safeguarding Policy
- Equal Opportunities and Valuing Diversity Policy
- Fundamental British Values & SMSC Policy
- ICT and E-Safety Policy
- Keeping Children Safe in Education (KCSIE)
- Policy on Drugs, Alcohol and Substance Misuse
- Prevention of Bullying Policy
- Provision for Pupils with Particular Religious, Dietary, Language or Cultural Needs
- RSHE and PSHE Policy
- SEN Policy

All staff have a responsibility to promote mental health, but specific roles include:

- Mental Health Lead: Yvette Khoshab
- Designated Safeguarding Lead (DSL): Stuart Raeburn-Ward
- Head of PSHE: Ryan Torrie

According to the World Health Organisation:

"Mental health is a state of wellbeing 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."



Policy Aims

- To promote a culture of wellbeing across the whole school.
- To prevent mental health issues through a safe and supportive environment.
- To identify pupils with emerging mental health needs and intervene early.
- To provide support to pupils, parents and staff where mental health concerns are identified.

1. Prevention: Creating a Safe and Calm Environment

We adopt a whole-school approach that promotes a respectful, inclusive culture and encourages positive relationships between staff and pupils. The policies listed above support this ethos.

SEND Considerations The 2014 SEND reforms introduced Social, Emotional and Mental Health (SEMH) as a category of need. Children with SEND may face increased challenges to their mental wellbeing.

Pupil Voice and Participation

- School Council: Each form from Form 1–7 has a representative, allowing discussion of wellbeing and school experience.
- Wellbeing Web: Completed bi-annually by Forms 1–6, asking pupils to self-rate on 8 wellbeing indicators, followed by discussion with the Form Tutor. Concerns are followed up by the DSL.

Wellbeing Hub

- Separate Junior and Senior Hubs provide tailored mental health resources.
- Content includes Q&A libraries, tip sheets, positive news ('Spark'), careers support, and external help links.

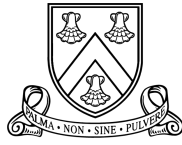
Wellbeing Charter

- Pupils are encouraged to speak to a trusted adult (Form Tutor, House Staff, Matron, Heads, LDC staff).
- Anonymity options include a physical worry box
- Pupils may also contact our Independent Listener
- Posters with mental health support information are displayed.

2. Curriculum Teaching and Learning

A structured PSHE and RSHE curriculum provides age-appropriate education about mental health:

- KS1: Healthy food, drink, and physical activity.
- KS2: Emotions, loss, grief, resilience, and self-care.
- KS3: Attitudes to mental health, emotional wellbeing, digital resilience, healthy coping strategies*, change, loss, and risks around substances (*Flex-it programme introduced)



3. Identifying Need and Responding Early

Warning Signs Staff are trained to observe indicators such as:

- Physical harm or self-injury
- Changes in eating/sleeping
- Social withdrawal
- Declining academic performance
- Mood changes
- Talking about self-harm/suicide

Pupil Disclosures Staff should:

- Listen without judgement
- Provide a safe, calm space
- Record disclosures factually and clearly on My Concern
- Include date/time, participants, pupil behaviour, and any physical evidence

4. Early Support

Welfare Plans

For pupils requiring reasonable adjustments:

- Library pass during breaks
- Safe space for changing
- Buddy systems
- Access to the LDC
- Assigned adult contact

Mindfulness Groups Run as needed to support wellbeing.

ELSA (Emotional Literacy Support Assistants) Training is being explored to deliver targeted support for individuals or small groups.

5. Specialist Support

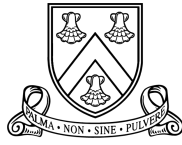
Where concerns exceed internal support capacity:

- Parents are involved in a collaborative response.
- Pupils may be referred to counsellors, CAMHS, or specialist assessors.
- The DSL will make referrals to Children's Social Care where appropriate.

6. Working with Parents and Carers

Parents are crucial partners in mental health support. The school offers:

- Access to the Parents' section of The Wellbeing Hub
- Webinars, podcasts, Q&A library, and expert advice
- Signposting to external services



7. Staff Development and Training

- All staff receive safeguarding and child protection training.
- Staff are trained in mental health awareness and reporting procedures.
- Form Tutors, Boarding Staff, and Core Teaching Staff have completed the Mental Health and Wellbeing CPD Course.

8. Support for Staff Mental Health and Wellbeing

Staff mental health is a priority. We support our staff through:

- Access to The Wellbeing Hub for adults
- Regular wellbeing check-ins
- Optional confidential discussions with SLT
- Signposting to external counselling services
- Workload management through appraisal and performance reviews
- INSET sessions focused on wellbeing

9. Policy Monitoring and Review

This policy is reviewed annually by the Mental Health Lead and DSL.

10. External Support Resources

- Childline: 0800 1111
- Young Minds: www.youngminds.org.uk
- Anxiety UK: www.anxietyuk.org.uk
- OCD Youth: www.ocdyouth.org
- NHS Eating Disorders Advice: www.nhs.uk/.../eating-disorders/advice-for-parents
- BBC Children in Need Mindfulness Hub: www.bbcchildreninneed.co.uk/.../mindfulness-hub
- Chill Panda App: www.chillpanda.co.uk