



Kuwait National English School

Mental Health and Emotional Wellbeing Policy

Policy Statement:

At Kuwait National English School, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We are also committed to the promoting the UN Declaration of Children's Rights (1959).

We have a supportive and caring ethos and our approach is respectful and kind, where each individual and contribution is valued.

At our school we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

At KNES we:

- *Help children to understand their emotions and feelings better*
- *Help children feel comfortable sharing any concerns or worries*
- *Help children socially to form and maintain relationships*
- *Promote self-esteem and ensure children know that they count on support.*
- *Encourage children to be confident and "dare to be different"*
- *Help children to develop emotional resilience and to manage setbacks*

We promote a mental healthy environment through:

- *Promoting our school values and encouraging a sense of belonging*
- *Promoting pupil voice and opportunities to participate in decision-making*
- *Celebrating academic and non-academic achievements*
- *Providing opportunities to develop a sense of worth through taking responsibility for themselves and others*
- *Providing opportunities to reflect*
- *Access to appropriate support that meets their needs*



We pursue our aims through:

- *Universal, whole school approaches*
- *Support for pupils going through recent difficulties including bereavement.*
- *Specialised, targeted approaches aimed at pupils with more complex or long-term difficulties including attachment disorder.*

Scope:

This policy should be read in conjunctions with our Health and Safety Policy, SEN Policy where pupils mental health needs overlap with these. This policy should also be read in conjunction with policies for Behaviour, Anti-Bullying, SMSC and PSHE. It should sit alongside Child protection procedures.

Lead Members of Staff:

Whilst all staff have a responsibility to promote the mental health of students. Head of Departments, School Social Workers and School nurses have a specific responsibility to track and lead Child Protection and Safeguarding.

Teaching about Mental Health

The skills, knowledge and understanding needed by our students to keep themselves mentally healthy and safe are included as part of our developmental PSHE curriculum.

The specific content of lessons will be determined by the specific needs of the cohort we're teaching but we will also use the PSHE Association Guidance (<https://www.pshe-association.org.uk/curriculum-and-resources/curriculum>) to ensure that we teach mental health and emotional wellbeing issues in a safe and sensitive manner.

Targeted Support:

The school will offer support through targeted approaches for individual pupils or groups of pupils which may include:



- *Circle time approaches or “circle of friends” activities*
- *Targeted use of SEAL resources (UK National Strategy for Social and Emotional aspects of Learning.)*
- *Managing feelings*
- *Managing emotions*
- *Primary Group Work / Mental health and wellbeing groups*
- *Therapeutic activities including art, play, relaxation and mindfulness techniques.*

Identifying needs and Warning Signs:

All staff will complete monthly wellbeing trackers in the form of Monthly Reports and Term Reports, identifying a range of possible difficulties including:

- *Attendance*
- *Punctuality*
- *Relationships*
- *Approach to learning*
- *Physical indicators*
- *Negative behaviour patterns*
- *Family circumstances*
- *Recent trauma or life changing events*
- *Health indicators*

School staff may also become aware of warning signs, which indicate a student is experiencing mental health or emotional wellbeing issues. These warning signs should always be taken seriously and staff observing any of these warning signs should communicate their concerns with the Head of Department or any person designated as a child protection, emotional wellbeing and safeguarding officer.

Possible warning signs include:

- *Changes in eating / sleeping habits*
- *Becoming socially withdrawn*
- *Changes in activity and mood*
- *Talking or joking about self-harm*



- *Expressing feelings of failure, uselessness or loss of hope*
- *Repeated physical pain or nausea with no evident cause*
- *An increase in lateness of absenteeism*

Working with Parents

In order to support parents we will:

- *Ensure that all parents are aware of who to talk to, and how to get about this, if they have concerns about their child.*
- *Make our emotional wellbeing and mental health policy easily accessible to parents through our website.*
- *Share ideas about how parents can support positive mental health in their children*
- *Keep parents informed about mental health topics their children are learning about in PSHE and share ideas for extending and exploring this learning at home.*

Training:

All staff will receive training during Induction week and through weekly department meetings during the year regarding policies and procedures to ensure all pupils are provided excellence in Mental Health and Wellbeing as well as child safeguarding policies and procedures.

Training for staff who play a more pivotal role and require more in depth knowledge will be considered as part of our performance management process and additional CPS will be supported throughout the year where it becomes appropriate due to developing situations with one or more pupils.

Community Resources:

*This policy **MUST** follow the **Kuwait National Child Protection Policy and Procedures 2019**. As well as the **U.K. Ministry of Education Policy of “Keeping Children Safe in Education”**. The policy and procedures for suspected child abuse or neglect have been provided by the Ministry of Social Affairs in Kuwait and will be presented with any training in regards to Kuwait National English Schools Health and Wellbeing Policy. Any formal communication with the ministry must follow the provided guidelines.*