

PROMOTING POSITIVE ATTITUDE
TO MENTAL HEALTH AND WELLBEING
SUPPORTING FAMILIES & CHILDREN
THE AMBROSE WAY
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St Ambrose Barlow RC High School

Love | Learn | Lead





Wellbeing and Mental Health

Taking a positive attitude to mental health and well-being

We believe that a successful and happy Catholic school must be based on strong, caring relationships that value the health and wellbeing of everyone above all else. Without this children cannot learn and thrive and staff cannot perform to their best. It is because we are a Catholic school that we strive to create a nurturing ethos of love and support through which we can challenge, develop and grow the abilities of young people and celebrate their uniqueness.

Success in life learning, in exams and extra-activities all depend on young people knowing themselves, being comfortable with who they are and being confident and resilient. This is what it means to be 'Christ-centred': the dignity of each person is at the heart of our school and must be prioritised in every interaction.

This leaflet is for pupils, parents, carers and family members so that everyone is aware of what we are doing to support children and we all understand what resources are available.

What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Positive mental health allows people to:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Mental and physical health are equally important and should both be talked about openly.

“ **We would never tell someone with a broken leg that they should stop wallowing and get over it. We shouldn't treat mental health any differently.** ”

Michelle Obama

Anxiety and your child's behaviour

- Being anxious is a reaction to something that is happening to you. This can make you change your behaviour. Often children (and adults) experience this and can't explain why – this is normal.
- If we, as adults and school professionals are working to reduce a child's anxiety, we need to listen to them and understand the reasons why they are anxious.

- They might not always be able to tell us, but between home and school we need to watch them, hear them and get to know them and their feelings well so that we understand better. It is also important not to blame them (or ourselves).
- It is simpler, and fairer, to try to understand and ask, 'What's happened to you?' If you are the parent or carer of a child who is experiencing anxiety, you are not alone and we want to work with you – we don't want you to feel embarrassed, ashamed or blamed for what has happened.
- Right now, especially as a result of the pandemic, lots of young people are struggling and this is often seen in schools. It's not their fault and we will work with you to support your child.

You can help yourself: NHS 5 Steps to Wellbeing



Key Priorities:

1

Ensure positive relationships and wellbeing for all.

2

provide safe spaces to talk and overcome stigma.

3

Effective support for all; specialist support for those who need it.

Parents and carers are the first educators of their children. Building our partnership with each child's home so that we know them well is central to our work. We will always work with parents, carers and family members positively and constructively to support pupils.

Helping and Supporting Yourself

At St. Ambrose Barlow we believe that everyone can be:

Successful

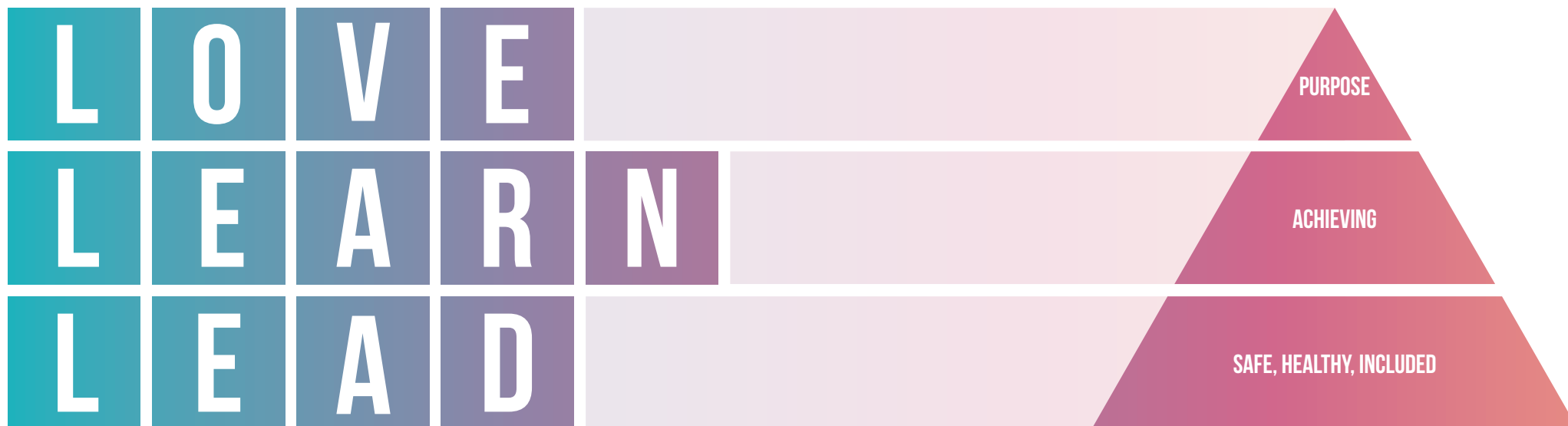
Hopeful

Resourceful

Most of us, most of the time have the skills to deal with the challenges life throws our way, even if we don't realise it. Focusing on what is going well can help a lot. Sometimes we all need others to help.

1 in 5 people will need support with mental health at some point. This changes during people's lives. It's normal: it's okay not to be okay. When you need extra help and can't cope with things yourself you can get support. You are not alone.

Remember: if you have urgent or immediate worries about your child's immediate wellbeing, you should always contact your GP, the emergency services or seek specialist help rather than waiting to get support in school



You can help yourself

Positive Automatic Thought (PAT)

Negative Automatic Thought (NAT)

Positive Automatic Thought (PAT)

She didn't see me, that's a bit rude.

Thoughts/ Beliefs

No harm done, I'm okay.

Emotions/ Feelings

Carry on walking to lesson.

Behaviour

Negative Automatic Thought (NAT)

Thoughts/ Beliefs

Who is he pushing, who does he think he is?



Emotions/ Feelings

He hurt me then, I'm going to hurt him back.



Behaviour

Confront him and push him back, tell him what you think of him!

How to get support

- Self-referral - There is a box available in the Safeguarding office where you can make a self-referral.
- Speak to your Form tutor or Key adult - they will refer this on CPOMs (our secure safeguarding system)
- Through your parent or carer.
- You can have a regular end-of-day check-in with a member of staff.

Your feelings = Your reaction = Your control = Your success

Support for Pupils in School

You can reach out for support to one of our staff allocated to Mental Health and Well Being:

- Mr Jones – Lead for Mental Health and Well Being
- Miss Frost – Deputy Lead for Mental Health and Well Being
- Mrs Goddard – Director of Safeguarding
- Sarah Moynihan – Safeguarding Support
- Miss Abby Scowcroft - School Therapist
- Mr Rafferty, Miss Statham and Mrs Riley – SEMH Team

Additionally, you can speak to your Form Tutor, Head of Year or one of your trusted teachers who will also help you and refer you to a key adult in school.

What Parents and Carers Can Do

If you are worried about the mental health and wellbeing of your child then contact the members of staff listed above, their key adult in school or form tutor/head of year – as soon as you do, we will provide any support we can offer in school.

Additionally, at home you can help your child by talking openly about mental health and encourage your child to express their feelings, especially when they are confused, under pressure or upset – you can access any of the links above for support with this.

What are we doing as a school to support?

We have a detailed plan of how to continue to improve our approach to mental health and well-being. This includes, according to the needs of children and our resources as a school:

- Employing a full-time school therapist, Abby Scowcroft
- Training a number of staff in various methods of supporting young people
- Creating a Mental Health and Well-being team and an SEMH (Social Emotional & Mental Health) team to work with and support young people
- A support or safety plan for any young person who is living with mental health issues, according to their needs
- Interventions including Solution Focussed Coaching and Zones of Regulation
- Sharing key information with staff to ensure that learning and classroom relationships are properly managed
- Mental health awareness through PSHE, Form Time and Assemblies
- Worry box (situated in the safeguarding office) so that pupils can complete self-referrals to speak to a designated staff member
- Holding parent workshops
- Mindfulness and SEMH workshops
- Providing staff with advice on supporting young people who are self-harming or having thoughts of suicide
- Working with and raising money for mental health charities
- Establishing a scheme in school whereby pupils can become Young Ambassadors for positive mental health
- Providing information about mental health in various forms to pupils and their families
- Assisting with referrals for support

Remember that the most effective way to contact us as a school is to email or phone your child's form tutor.

What to do if your Child's Behaviour Changes

A Solution-Focused Approach

Your child's usual **kind, thoughtful, cooperative behaviour** is a sure sign of their **inner calmness** and a **low level of stress**. Raised stress levels can push this aside as a reaction to worries and unexpected changes. **Change causes raised stress and worry.**

So with the **BIG CHANGES** that are happening as they grow up, anything that lowers stress levels will be useful. Try this:



Feeling in control of things in your life is known to **lower stress**.



As things get calmer, ask your child what they're hoping for and **organise it together**.



If things get tough at home, slow right down, focus on your child, wait for a gap then ask them what's good for them right now, what's going well, and listen carefully to their ideas about what's going well. **Don't ask about what's gone wrong** – that would raise their stress level again.



When you get a chance ask your child what they'd like to do next, or later the same day or tomorrow. If you need support to do it your child's **form tutor or Head of Year** might be able to help and certainly be there to listen. **Where we can, we'll try to help out.**



When you notice things going well, let your child know, in the simplest way.

"I've noticed (... whatever it might be ...) going well." Ask them to look out for things going well.



End every day and week the same way, with what you've noticed going well and what your child has noticed. Give them a heart-felt compliment. **And give yourself one too, you deserve it.**



If you need more **help and advice** or **direct support** you might want to discuss things with your child's **form tutor or Head of Year**. Together we can do it.

Changes in behaviour aren't personal to you, they're a natural reaction to difficult circumstances, but they can be addressed and overcome with calmness, care and love.

For most of us the pandemic is a much smaller part of our lives than it was. However, with all the changes it has brought it is no surprise that some children are finding life harder and are more anxious. Some find going to school much more difficult; others act out in different ways.

Extra Support

There are many online websites/apps that you can use outside of school that will help support your mental health and wellbeing. Please find a list of services available below.



Kooth

www.kooth.com

Free online counselling available to young people (ages 11-18) 365 days a year, usually in the evenings and at the weekends. A live chat allows young people to contact a qualified counsellor, chat with other young people on a forum and self-help resources.



Young Minds

www.youngminds.org.uk

Young Minds offers advice and support to young people living with mental health, but also support to parents and carers.



Mind Manchester

www.manchestermind.org/our-services/cyp

Mind Manchester offers online counselling referrals, a self-care hub, well being tips and support groups for young people.



42nd Street

www.42ndstreet.org.uk

Online support and advice on Mental Health and Wellbeing for young people, parents and carers.



SHOUT

Immediate crisis text support for if you feel like you can't cope or are worried about how you are feeling. Text 'SHOUT' to 85258. Open 24/7



Sane

www.sane.org.uk

Young SANE is a virtual community that focuses on mental health and wellbeing for people under the age of 25. Phonenumber also open to offer support between 4pm and 10pm each day – 0300 304 7000



Winston Wish

www.winstonswish.org

Winston's Wish: Info and support following a bereavement. Young people's page: www.help2makesense.org Helpline: 08088 020 021. Open 8am-8pm Monday-Friday. Free. Email: ask@winstonswish.org



PAPYRUS

www.papyrus-uk.org

For if you're worried about suicidal feelings. Hopeline: 0800 068 4141. Open 9am – midnight. Free Text: 07860 039 967 Email: pat@papyrus-uk.org

Extra information can also be found on the Salford City Council website under Emotional Health and Wellbeing: www.salford.gov.uk/children-and-families/youth-zone/emotional-health-and-wellbeing/

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