



# ST. JOSEPH'S COLLEGE

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## Mental Health and Wellbeing Policy

This policy relates to all sections of St Joseph's College, including the Early Years Foundation Stage.

### Introduction

Mental Health affects all aspects of a child's development including their cognitive abilities and their emotional wellbeing. Childhood and teenage years are when mental health is developed and patterns are set for the future. For most children the opportunities for learning and personal development during adolescence are exciting and challenging and an intrinsic part of their school experience. However, they can also give rise to anxiety and stress. Children may also suffer anxiety or stress owing to circumstances outside school.

Experiencing some level of mental health challenge in life is totally normal. The emotional and physical transitions involved in growing up can be stressful for all young people, and even completely predictable life changes, such as moving up through school years can be challenging and can affect learning. The hormonal shifts of adolescence bring profound emotional, intellectual and physical changes which shake the sense of self an identity and relationships. The 'teenage brain' has less ability to regulate emotion and impulse and feel empathy than in childhood. Added to these normal pressures we have the accelerating pace of social change, including the rise of IT and social media, with associated problems of isolation, dependency, and cyberbullying.

Mental health problems can seriously impair academic performance and may lead to confused or disturbed behaviour. Minor difficulties that interfere with a child's capacity to work may also result in distress and wasted effort and undermine academic progress.

A more seriously affected child may require a significant level of professional support. Children do suffer from depression. Whilst the suicide rate among teenagers is below that in the general population, young people are vulnerable to suicidal feelings.

The Mental Health Foundation defined children who are mentally healthy as able to:

- Develop psychologically, emotionally, intellectually and spiritually
- Initiate, develop and sustain mutually satisfying personal relationships
- Use and enjoy solitude
- Become aware of others and empathise with them
- Play and learn
- Develop a sense of right and wrong
- Resolve (face) problems, setbacks and learn from them

Mental Health statistics:

- 1 in 10 children and young people aged 5-16 suffer from a diagnosable mental health disorder
- Between 1 in every 12 and 1 in 15 children and young people deliberately self-harm



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- There has been a big increase in the number of young people being admitted to hospital because of self-harm. Over the last ten years this figure has increased by 68%
- More than half of all adults with mental health problems were diagnosed in childhood. Less than half were treated appropriately at the time.
- Nearly 80,000 children and young people suffer from severe depression

## **Aims of St Joseph's College**

As stated in the Safeguarding Policy, St Joseph's College is committed to providing a safe and secure environment for pupils and promoting a climate where pupils will feel confident about sharing any concerns they may have.

We aim to provide a supportive environment that will help pupils who experience mental health difficulties, including helping them to realise their academic potential and meet course requirements. By providing the opportunity to pursue social, cultural, sporting and spiritual fulfilment, in addition to achieving academic potential, we also aim to facilitate and promote positive mental health and well-being.

St Joseph's College seeks to achieve these aims by:

- Nurturing a supportive community that encourages a sense of social responsibility and spiritual and personal development
- Helping children to develop emotional resilience and understanding of mental health (including through the College's PSHEE Programme).
- Maintaining a culture in which mental health problems are accepted, not stigmatised
- Liaising with appropriate services to ensure that pupils with serious mental health problems receive appropriate treatment
- Meeting the support and study needs of pupils with mental health disabilities
- Ensuring that the availability of support is accurately represented to both prospective and current pupils and their families
- Establishing consistent procedures across the College for helping pupils with mental health difficulties
- Providing guidance and awareness training to the teaching and other staff involved in the support and care of pupils
- Ensuring that key pastoral staff are trained as Mental Health First Aiders
- Respecting the confidentiality of personal information provided by pupils with mental health difficulties



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## **Providing Support**

### **Prep school information**

Pastoral Care in the Prep School is the responsibility of all teaching staff and assistants. The Class teacher is usually the first point of contact when issues arise, who may involve the Head of Section, Deputy Head and Head of Prep as appropriate.

The Head of Prep, Deputy Head, Learning Support Coordinator and Senior Classroom Assistant are formally trained as Mental Health First Aiders (see appendix 1 Mental Health First Aid Trained Staff).

Pupils are made aware of staff in the Prep school and outside organisations that they can contact if they wish to speak someone and are encouraged to report concerns. Most personal problems experienced at school can be resolved quickly by talking to a family member or a friend or by seeking help from their Class teacher and/or Head of Section. Both the formal and informal systems of pastoral care are usually sufficient to address problems that give rise to anxiety or stress.

More serious emotional and psychological problems identified by teaching staff would be referred to the Deputy Head. In consultation with parents, pupils may be advised to see either the Lay Chaplain or the ARC Counsellor or referred to other agencies within the local Mental Health Services.

### **Senior School**

The Senior School's Pastoral Care Team includes the Deputy Head Pastoral, the College Lay Chaplain, the ARC Counsellor, the Heads of Sections, Assistant Heads of Section form tutors, and class teachers. The Deputy Head Pastoral, Heads of Section and other key staff are formally trained as Mental Health First Aiders (see appendix 1 Mental Health First Aid Trained Staff).

Pupils are given the contact details of staff in the Senior School and outside organisations whom they can contact if they wish to speak someone and are encouraged to report concerns. Most personal problems experienced at school can be resolved quickly by talking to a family member or a friend or by seeking help from their form tutor and/or Head of Section. Both the formal and informal systems of pastoral care are usually sufficient to address academic problems that give rise to anxiety or stress.

More serious emotional and psychological problems identified by teaching staff would be referred to the Deputy Head Pastoral and pupils may be advised to see either the Lay Chaplain or the ARC Counsellor.

Where necessary, the school can refer a pupil to other agencies within the local Mental Health Services, which would be done in consultation with parents.



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## **Pastoral Stages and Care Plans**

There are **four** stages in terms of pastoral levels of support in the College:

- In the Senior School, the Deputy Head Pastoral, Arc Counsellor, Lay Chaplain and Senior School Learning Support Co-ordinator meet every half term to review all pupils academically and in a SEMH context in addition to weekly meetings with Heads of Section.
- In the Prep School, this meeting takes place between the Deputy Head and Prep School Learning Support Co-ordinator.

Further information is provided for staff on Pastoral Stages in the Staff Handbook.

Following consultation between the relevant members of the pastoral team, a Care Plan would be agreed between the pastoral team, the pupil and the pupil's parents. This would be available to the relevant teaching staff in order to provide the appropriate level of support for the pupil.

## **Families providing information**

We recognise that our pupils come from a wide variety of backgrounds (including overseas), with differing attitudes and approaches to mental health issues. It is important that the families of pupils who have, or have had, mental health problems are encouraged to share this information with an appropriate member of staff. The College needs to know of the pupil's circumstances in order to provide proper support and ensure that reasonable adjustments can be made to enable them to learn and study effectively. Pupils and their families can share their relevant health information on the understanding that the information will be shared on a strictly need-to-know basis. In other words, only those who need to know will be informed.

The College asks for a confidential reference from a pupil's previous school and specifically asks whether there are any pastoral or medical issues of which the College should be aware in order to discharge our duty of care.

## **Respecting Confidentiality**

A pupil with mental health difficulties is extremely unlikely to seek help unless he/she knows the information he provides will be treated as confidential. Doctors, nurses, counsellors and chaplains are all required to observe confidentiality in accordance with strict ethical codes. Whilst emphasising the responsibility to respect privacy, these codes also provide advice about the circumstances when it would be appropriate to share information with third parties who need to know that there are specific concerns about a pupil, for example where there is a significant danger of a pupil harming themselves



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**Useful information for Pupils, Parents and Staff**

YoungMinds: <http://www.youngminds.org.uk/> Parents Helpline 0808 802 5544

Mental Health Foundation: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk) 0207 803 1100

Rethink Mental Illness: [www.rethink.org](http://www.rethink.org) 0300 5000 527

CAMHS Berkshire Health Care website: [www.berkshirehealthcare.nhs.uk/camhs/](http://www.berkshirehealthcare.nhs.uk/camhs/) 0300 365 0300



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**Appendix 1**

**Youth Mental Health First Aiders**

Mr Mark Bushby	Head of Prep	<a href="mailto:mark.bushby@sjcr.org.uk">mark.bushby@sjcr.org.uk</a> 0118 984 6918
Mrs Charlotte Hart	Head of Sixth Form	<a href="mailto:charlotte.hart@sjcr.org.uk">charlotte.hart@sjcr.org.uk</a> 0118 966 1000
Mrs Natalia Jwaideh	Head of Upper Seniors	<a href="mailto:natalia.jwaideh@sjcr.org.uk">natalia.jwaideh@sjcr.org.uk</a> 0118 966 1000
Mrs Brenda Graham	Maths Teacher	<a href="mailto:brenda.graham@sjcr.org.uk">brenda.graham@sjcr.org.uk</a> 0118 966 1000
Mrs Claire Harris	Senior School Secretary	<a href="mailto:Claire.harris@sjcr.org.uk">Claire.harris@sjcr.org.uk</a> 0118 9846904
Mrs Tasmynn Chamberlain	PE Teacher	<a href="mailto:tasmynn.chamberlain@sjcr.org.uk">tasmynn.chamberlain@sjcr.org.uk</a> 0118 966 1000
Mrs Helen Murphy	Head of Business Studies, Young Enterprise Co-ordinator	<a href="mailto:helen.murphy@sjcr.org.uk">helen.murphy@sjcr.org.uk</a> 0118 966 1000
Mrs Sue Booth	Head of Infants	<a href="mailto:Sue.booth@sjcr.org.uk">Sue.booth@sjcr.org.uk</a> 0118 984 6918
Mrs Carol Wheeler	Deputy Head of Prep School	<a href="mailto:carol.wheeler@sjcr.org.uk">carol.wheeler@sjcr.org.uk</a> 0118 984 6918
Mrs Emma Pyke	Prep Teacher	<a href="mailto:emma.pyke@sjcr.org.uk">emma.pyke@sjcr.org.uk</a> 0118 966 6918
Dr Mandy Hetherington	Prep Teacher	<a href="mailto:mandy.hetherington@sjcr.org.uk">mandy.hetherington@sjcr.org.uk</a> 0118 966 6918
Mrs Midge Robinson	Prep Teacher	<a href="mailto:Midge.robinson@sjcr.org.uk">Midge.robinson@sjcr.org.uk</a> 0118 966 6918
Ms Tanya Bobela	Head of Lower Seniors	<a href="mailto:Tanya.bobela@sjcr.org.uk">Tanya.bobela@sjcr.org.uk</a> 0118 966 1000
Mrs Dorinda Bray	School Chaplain	<a href="mailto:Dorinda.bray@sjcr.org.uk">Dorinda.bray@sjcr.org.uk</a>
Dr Delphine Pellenc	Deputy Head US Science Teacher	<a href="mailto:Delphine.pellenc@sjcr.org.uk">Delphine.pellenc@sjcr.org.uk</a>
Miss Gemma Davies	Head of Early Years	<a href="mailto:Gemma.davies@sjcr.org.uk">Gemma.davies@sjcr.org.uk</a>
Mr Raven Lee	Senior Classroom Assistant	<a href="mailto:Raven.lee@sjcr.org.uk">Raven.lee@sjcr.org.uk</a>