



MENTAL HEALTH

Policy

Child Safe Standard 2: Statement of Commitment to Child Safety

AIM:

To promote a positive state of social and emotional wellbeing in which each student and staff member can realise their abilities, engage in learning, cope with the normal stresses of life and make a contribution to their community. Epping Views Primary School is committed to the safety and wellbeing of all children and young people. This will be the primary focus of our care and decision-making. Epping Views Primary School has zero tolerance for child abuse.

GUIDELINES / KEY COMPONENTS:

SAFE, INCLUSIVE AND EMPOWERING ENVIRONMENTS

1. Value students for who they are, support and promote the physical and mental wellbeing of students and staff.
2. Create physical environments that are child safe, and support a range of opportunities for learning and physical activity.
3. Foster safe, respectful and supportive relationships between students, educators and families.
4. Create opportunities for students' voices to be respected and to contribute to decisions that impact on their wellbeing, learning and environment.
5. Have strategies to promote positive and responsible behaviour, and to prevent and respond to bullying, discrimination and harassment, including online.

SOCIAL AND EMOTIONAL LEARNING

6. Support students to develop self-awareness: recognise and manage emotions.
7. Support students to develop social awareness: develop care and concern for others.
8. Support students to develop responsible decision making: understanding and applying decision making skills.
9. Support students to develop self-management: handle challenging situations effectively; take increasing responsibility for their own health and physical wellbeing.
10. Support students to develop relationship skills: establish positive and respectful relationships; build trusting adult relationships; form attachment to a familiar and consistent educator/s.
11. Support students to be empowered, vital and active participants and to know who know who to talk with if they are worried or are feeling unsafe, and that they are comfortable and encouraged to raise issues.

FAMILY, COMMUNITY AND SERVICE PARTNERSHIPS

12. Proactively build connections with families and communities.
13. Recognise the primary role of families in children's and young people's learning and development, mental health and wellbeing.
14. Support families to enhance their skills in developing positive relationships and their children's resilience.
15. Identify students who may be at risk of developing mental illness, engage their families and refer to appropriate early interventions.
16. Partner with service providers to assist children and families to access the support they need.

17. Enable positive transitions within and between settings.
18. Value the input of and communicate with families and carers.

ENABLERS OF MENTAL HEALTH PROMOTION

19. Planning health promotion actions that complement each other, and are included in overall strategic planning.
20. Building a shared understanding across the setting of the purpose of each health promotion action, and clear processes for implementation and evaluation.
21. Integrating health promotion actions into teaching and learning, recreation and management processes.

BUILDING CAPACITY TO PROMOTE MENTAL HEALTH

22. Professional competencies:
 - Understanding children’s social and emotional development
 - Understanding of the Child Safe Standards as relevant to Epping Views – Child Safe and Child Safety Code of Conduct Policies
 - Teaching and facilitating social and emotional learning and promotion of positive behaviour and child safe practice
 - Listening and facilitation skills
 - Understanding and promoting diversity
 - Development of personal social and emotional skills and awareness
23. Professional practices:
 - Professional learning
 - Relevant and ongoing professional learning in Child Safety and Child Safe practice
 - Establishing communities of practice and networks
 - Connecting with mental health professionals
 - Building partnerships with community service organisations
 - Establishing and maintaining referral pathways
 - Connecting and building relationships with other mental health initiatives

This policy was ratified by School Council on