

The Sigma Trust Mental Health Statement

Statement of intent

"Mental health is as important to a child's safety and wellbeing as their physical health. It can impact on all aspects of their life, including their educational attainment, relationships and physical wellbeing." NSPCC May 2022

The Sigma Trust is committed to ensure that the well-being of each and every pupil is at the heart of everything we do. We are committed to ensuring a whole school community approach to encourage positive mental health for *all* through education, support and pastoral care.

Every pupil has the right to access support from within school whenever their mental health needs require it, and developing a culture for positive well-being should begin at the very start of their school journey.

Our approach

- ★ Good relationships between pupils and staff to foster a culture for listening, and being listened to. Pupil Voice is key. This will include parents and carers too;
- ★ To promote a friendly and caring ethos throughout every single school giving pupils the confidence to approach staff in times of difficulty;
- ★ To ensure all pupils feel a sense of belonging and connectedness, and can put their trust in the adults around them by feeling safe and cared for;
- ★ To promote a good understanding of how to achieve good mental health and positive well-being from the earliest possible stage;
- ★ The promotion of anti-bullying throughout every key stage and for pupils to have their feelings validated and listened to (with a clear system of recording and restoration in place).

Our Aims

- Pupils will feel confident and happy at school, knowing that they will be listened to and understood;
- Pupils will understand their various emotions, and most importantly, how to cope with them;
- Pupils will be supported in developing and maintaining positive relationships with not only their peers but also their educators thus ensuring staff can rapidly spot changes in how a pupil presents;



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- Pupils will be given the skills to deal with times of stress and anxiety through a range of strategies and/or interventions, depending on their age and developmental stage starting with the universal offer for all students to the more targeted interventions for identified students;
- Children of every key stage will have an age appropriate understanding of both life and school-based risk factors, and how to protect from these through education and resilience building;
- To ensure all pupils feel safe, happy and secure during social times and, for when events occur, they are equipped with the skills to be able to respond in an appropriate manner with the help of a trusted adult where necessary;
- To ensure a culture for making mental health a priority so that each and every pupil can achieve, thrive and enjoy their school days.

How we will achieve these aims across our schools:

- Whole school staff training in children's mental health and the importance of promoting positive well-being, to include the building of staff/pupil relationships; Paul Dix - When the Adults Change Everything Changes & After the Adult Changes
- CPD sessions with external agencies such as Multi Schools Council, WARMs (MIND), Colchester United in the Community to further develop the understanding of ensuring good mental health and well-being for all,
- Bespoke (age appropriate) interventions for social, emotional and behavioural needs;
- Parental engagement and support e.g. workshops, coffee mornings and presentations on how to help their children's mental health and well-being;
- Referrals and signposting to external agencies for support where needed e.g. CAMHS, WARMs, Paediatrics;
- SEMH roadshow to highlight the available support for parents and pupils;
- Extra assistance for key cohorts through resilience and self-esteem programmes, anxiety support, transition workshops, exam stress management and extra parental support (including Young Carers);
- Assemblies to promote whole school understanding of the importance of good mental health, and most importantly, how to achieve this;
- Promote Children's Mental Health Week and Anti-Bullying Week;
- Motivational speakers to meet and engage with pupils;
- Capturing the views of pupils through regular feedback and discussion;
- Consistent and regular PSHE/RSE lessons using the Jigsaw scheme;
- Regular measuring of impact through in-school data analysis and nationally recognised audit tools alongside the Mental Health Lead (student) who will also



provide a written report to the Standards Committee summarising all of the assurance activity undertaken in the preceding term.

Further information:

[Promoting children and young people's mental health and wellbeing - GOV.UK](#)

[Multi Schools Council](#)

[Children's mental health](#)

[Mentally Healthy Schools](#)

[National Children's Bureau](#)

[WARMS - Mid and North Essex Mind](#)

[Education - Colchester United](#)

[Nurture UK](#)

[The MAZE Group](#)

[the Essex Family Forum](#)

[Essex Local Offer](#)

[Southend, Essex and Thurrock \(SET\) CAMHS](#)

[Active Essex](#)

[Essex Youth Service](#)

https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/default.aspx

