



Maltby Learning Trust recognises that good mental health and wellbeing is essential for all members of its community and underpins the ability to learn, grow and develop. Mental health and wellbeing depends on individuals having their basic needs met, feeling safe, having a sense of belonging and developing positive self-worth.

The NHS Digital follow-up study in 2020 suggests that increasing numbers of children and young people are experiencing mental health difficulties with one in six children having a probable mental disorder compared to one in 10 in 2004. Public Health England (2021)ⁱ draw on research to state that in classes of around 30 students aged 15 there could typically be:

- 3 students with a mental disorder.
- 10 students who have witnessed their parents separate.
- 1 student who has experienced the death of a parent.
- 7 students who have been bullied.
- 6 students who are self-harming.

The DfE's State of the Nation Report (2023)ⁱⁱ meanwhile highlights inconsistencies in physical and mental health recovery following the COVID-19 pandemic, and Maltby Learning Trust is additionally alert to other wider, socio-economic factors which can impact on children's mental health.

Aims

Maltby Learning Trust takes a whole-Trust, mentally well and trauma informed approach to mental health and wellbeing. It aims to:

- Identify a senior mental health lead in each Academy to support a whole school approach to mental health and wellbeing.
- Develop positive relationships with all children by taking the time to understand their individual needs and providing empathetic support.
- Promote principles of equality, diversity and inclusion and work to redress the impact of disadvantage and associated stigma.
- Ensure children have safe spaces to explore their emotions and feelings with a trusted adult.
- Provide high quality learning opportunities for all staff to develop their understanding of mental health difficulties, including the impact of trauma and adversity.
- Work closely with parents/carers to embed a partnership approach in supporting children's mental health.
- Build resilience in children through a consistent, persistent and predictable graduated approach to social, emotional and mental health (SEMH) needs.
- Provide education on mental health and wellbeing matters through a robust personal development offer both within and extra to the curriculum.
- Promote staff wellbeing and ensure all safeguarding officers have access to regular supervision.

The Graduated Approach

All staff are skilled in identifying signs of mental health distress and are able to provide support in the classroom and/or during social times based on a relational approach.

Where children have a persistent mental health and/or wellbeing need, children can be triaged internally to consider additional support. This may consist of:

- Additional classroom resources supported by the SEND department.
- Targeted interventions by SEND, SEMH, Attendance and/or Pastoral staff.
- Specialist mental health intervention from MAST (MLT's internal team of School Mental Health Specialists).
- Referral/signposting to external agencies including With Me in Mind, School Nurse, Kooth, MAST, Early Help, Educational Psychologist and/or CAMHS.



Where mental health needs are identified as safeguarding concerns, referrals will be made to safeguarding officers as per the Child Protection and Safeguarding Policy in each Academy.

Resources

Each Academy will maintain an updated resource bank in relation to mental health and wellbeing within its Safeguarding pages on their website.

ⁱ HM Government (2021); *Promoting children and young people's mental health and wellbeing. A whole school or college approach.* Available from:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1020249/Promoting_children_and_young_people_s_mental_health_and_wellbeing.pdf [Accessed 2 March 2023]

ⁱⁱ Department for Education (2023); *State of the nation 2022: Children and young people's wellbeing. Research Report.* Available from:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1134596/State_of_the_nation_2022_-_children_and_young_people_s_wellbeing.pdf [Accessed 2 March 2023]