



CRe**A**T**i**VE Education Provision

IWYS
Alternative Education
Provision
Health & Wellbeing
Policy

IWYS Alternative Education Provision Student Mental Health and Well-being Policy

1. Introduction

At **IWYS Alternative Provision**, we are committed to promoting the mental health and well-being of all our students. We understand that mental health is as important as physical health and strive to create an environment where students feel supported, safe, and able to thrive.

2. Objectives

- To provide a supportive environment that promotes the mental well-being of all students.
- To identify and support students with mental health needs promptly.
- To ensure parents and students know how to access mental health support both within and outside the Provision.
- To work collaboratively with parents, carers, and external agencies to provide comprehensive support for students.

3. Whole-Provision Approach

3.1 Promoting Mental Well-being

- Incorporate mental health education into the curriculum through PSHE lessons, assemblies, and tutor time.
- Provide training for staff to recognise signs of mental health issues and support students effectively.
- Create an inclusive and supportive Provision culture that promotes social connections and reduces stigma related to mental health.

3.2 Monitoring and Evaluation

- Conduct annual mental health surveys to assess the well-being of students.
- Use tools such as the Thrive-Online tracking tool to monitor students' social and emotional development.
- Regularly review the effectiveness of mental health initiatives and make improvements as needed.

4. Identifying and Supporting Students with Mental Health Needs

4.1 Early Identification

- Train staff to identify early signs of mental health issues and to use expression of concern forms for students showing signs of distress.
- Implement a wellbeing scale to monitor students' mental health throughout the school day.

4.2 Targeted Support

- Provide targeted interventions such as social stories, zones of regulation, and nurture groups for students needing additional support.
- Work with schools, referrals and the council to refer students to external agencies, when necessary, e.g. CAMHS

5. Roles and Responsibilities

5.1 Staff

- Be vigilant and proactive in identifying students who may be experiencing mental health difficulties.
- Engage in ongoing professional development related to student mental health and well-being.

5.2 Students

- Actively participate in mental health education and initiatives.
- Support peers by promoting a positive and inclusive Provision environment.

5.3 Parents/Carers

- Collaborate with the IWYS to support their child’s mental health.
- Communicate any concerns about their child’s mental well-being to the IWYS promptly.

6. Safeguarding and Confidentiality

- Ensure all safeguarding procedures are followed when dealing with mental health concerns.
- Respect the confidentiality of students while prioritizing their safety and well-being.

7. Review

This policy will be reviewed annually to ensure it remains relevant and effective in promoting the mental health and well-being of students.

Reviewed	January 2025
Authorised by	Charmaine Baines/Proprietor
Next Review	Annually – January 2026