

If you have any concerns around your child's mental health and emotional wellbeing, please contact the school's senior mental health lead, Karen Duggan, via the school phone number 01706 655756 or by e-mailing: kduggan@hamer.rochdale.sch.uk. She is always happy to listen and advise and will signpost you to available support and services.

At Hamer we already pride ourselves on consistently modelling positive Mental Health and Wellbeing throughout the whole school. We have our own Mental Health values and model which are at the heart of what we do



Value Statement

At Hamer, we are committed to promoting a whole school approach to positive mental health and emotional wellbeing for all students, their families and members of staff and governors. Our open culture allows students' voices to be heard, and through the use of effective policies and procedures we ensure a safe and supportive environment for all affected - both directly and indirectly - by mental health issues. We value all members of our school community equally. We believe all children and adults have the right to work together - children to learn and teachers to teach, in a secure and positive environment in which the rights and responsibilities of all are agreed and recognised.

A Whole School Approach to Promoting Positive Mental Health

We take a whole school approach to promoting positive mental health that aims to help pupils become more resilient, be happy and successful and prevent problems before they arise.

This encompasses seven aspects:

1. creating an ethos, policies and behaviours that support mental health and resilience that everyone understands
2. helping pupils to develop social relationships, support each other and seek help when they need to
3. helping pupils to be resilient learners
4. teaching pupils social and emotional skills and an awareness of mental health
5. early identification of pupils who have mental health needs and planning support to meet their needs, including working with specialist services
6. effectively working with parents and carers
7. supporting and training staff to develop their skills and resilience

We also recognise the role that stigma can play in preventing understanding and awareness of mental health issues and aim to create an open and positive culture that encourages discussion and understanding of mental health issues. We aim to be a 'talking school' with an 'Open Door Policy'.

Please click the icons below to access some useful wellbeing resources such as the Storytime mental health activity pack, full of activities for parents to complete with their children.



Visit the Child and Adolescent Mental Health Services (CAMHS) website for information and advice:

<https://www.penninecare.nhs.uk/camhs>

Visit the Our Rochdale website to access a wide range of local services and resources:

<https://www.ourrochdale.org.uk/kb5/rochdale/directory/home.page>

Access the Place2Be Parenting Smart website for lots of practical tips and guides to supporting children's wellbeing and behaviour.

Place2Be: Parenting Smart: Articles

Parent Guide and video about Talking Mental Health added. Please click on the play button to watch the video.

<https://youtu.be/nCrjevx3-Js>