



## **Pupil Wellbeing and Behaviour Policy**

Written in partnership with the Children and Adolescent Mental Health Service, through the Wellbeing and Mental Health in Schools Project.



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**Review date:** October 2022

**Version Control**

Version	Date	Page Number	Section	Amendment
	12.10.2021			No changes

## Pupil wellbeing and behaviour policy - contents

Area	'At a glance' version	'In depth' version	School staff version
<b>1</b> Definition of Wellbeing and what it means at Ickburgh	Yes	Yes	Yes
<b>2</b> Behaviour ethos statement – Communication/Belonging/Meeting a need (sensory, emotional, relational)	Yes	Yes	Yes
<b>3</b> Universal/Targeted/Specialist approach to wellbeing and behaviour	Yes	Yes	Yes
<b>4</b> Universal approaches		Yes	Yes
<b>5</b> Targeted approaches		Yes	Yes
<b>6</b> Specialist approaches		Yes	Yes
<b>7</b> Challenging incidents, including debriefs		Yes	Yes
<b>8</b> Roles and responsibilities within the organisation, including Wellbeing and Mental Health Lead		Yes	Yes
<b>9</b> Appendices with templates and models		Yes	Yes

## **1. Definition of Wellbeing and what it means at Ickburgh School:**

Ickburgh aims to be a mentally healthy school. This means being a school where the emotional wellbeing of children, staff and families are promoted. The whole school aims to work together to help children flourish, learn and develop. Ickburgh School is a place where everyone should feel they belong. This involves working with families and making sure that the whole school community is welcoming, inclusive and respectful. It means maximising children's learning through promoting good mental health and wellbeing across the school.

Children and young people's emotional wellbeing and mental health affect their ability to learn and to develop. It also affects their physical and social development and their overall quality of life both as children and in the future as adults. A whole school emotional wellbeing approach has been found to be effective in promoting children's mental health. Two important parts of positive mental health and wellbeing are:

**Feeling Good** – feeling positive emotions like happiness, contentment and enjoyment. This also includes feelings of curiosity, the ability to engage and feeling safe

**Functioning well** – this includes having positive relationships and social connections as well as feeling in control of your life and having a sense of purpose  
When children feel safe, secure and happy they will be most able to learn. Children with learning disabilities may at times experience emotional, behavioural or mental health difficulties. Children and young people with learning disabilities may show their feelings in a number of ways. Some children at Ickburgh maybe able to talk about how they are feeling. Others might show their feelings through changes in their behaviour. A child or young person might become very quiet and withdrawn or may show changes in the ways that they show feelings of anxiety or anger. A child or young person might also communicate that they are feeling unsettled, frustrated or distressed through behaviours such as hurting themselves or others.

### **Family wellbeing and working together**

Having a child with complex additional needs often brings extra challenges to families. It is known that having a child with a learning disability is likely to have an emotional and practical impact on parents, carers and on brothers and sisters. Ickburgh School will work together with parents and carers to develop shared ways of understanding the child's development, learning and their emotional wellbeing. It is sometimes complicated to understand how a child with complex learning needs is feeling or why they are behaving in a particular way. Working jointly with parents is known to be the most helpful way of promoting children's emotional wellbeing. Consistent approaches at home and school are often vital. Bringing up a child with a learning disability also means that parents may need additional skills and knowledge. The school aim to provide a number of opportunities to support family members with learning these skills. This includes through parent evenings,

coffee mornings and parent workshops, as well as annual reviews and Team Around the Child or Family meetings.

### **Staff wellbeing**

Working at Ickburgh can sometimes mean that staff experience emotionally challenging situations. The school aims to support staff wellbeing in a number of ways. This includes providing the chance for debriefs and for reflective conversations following upsetting or difficult situations. This could be to support staff in their work with pupils who are showing behaviour that is challenging. The aim of these is both to support staff and to provide an opportunity to learn from the situation. This could then lead to changes in the support that the child is offered in the future.

The school also provides half-termly Wellbeing Sessions, where staff are given ideas and activities designed to support positive mental health, as well as the opportunity to discuss the more challenging aspects of their role with the school's link Educational Psychologist.

## **2. Behaviour Ethos**

At times, some of our students may show behaviour which is challenging to others or which the wider community might find difficult to accept. We feel strongly that this behaviour should be viewed as either:

- A form of communication
- Meeting a need for the pupil
- An attempt to belong

Or a combination of the above.

### **A form of communication**

Many of our pupils have challenges with their communication or communicate in unique ways. If these pupils show challenging behaviour it may be a way of telling us how they are feeling, including being upset, cross, excited or anxious. They may be telling us that they need something, such as that they are hungry or need the toilet, or want someone's attention. They may be telling us that they don't want to do something, such as the learning activity in front of them or to move on from something they are enjoying. They may be trying to gain control of a situation.

We respond to this behaviour by working out what the pupil might be trying to tell us, and giving them other means of communicating with others.

### **Meeting a need for the pupil**

The child's behaviour may be enjoyable or rewarding to them. For example, they may get a positive or helpful feeling when they hit their head against a hard surface or play with their own saliva. They may find other people's reactions to their behaviour exciting or rewarding in some way, whether that reaction is positive or negative.

We respond to this behaviour by working out what the pupil is getting from the behaviour, and find another way for them to get this enjoyment or reward which doesn't hurt themselves or others, and would be acceptable to a wider community.

### **An attempt to belong**

Some pupils may show behaviour to 'fit in' with a friend or group of friends, or with wider influences outside of school including family or something they've seen on television or the internet. For example, if a friend is swearing they may join in as a way of connecting with that friend. They may have watched some wrestling on YouTube and want to act out the moves they've seen.

We respond to this behaviour by working out how the pupil is attempting to belong and to which group, and to find more positive ways for them to feel a sense of belonging.

In most cases, our pupils are not aware of the harm or damage their challenging behaviour might be causing. So, we would not look to use 'punishments' to respond to their behaviour. If we do decide to put in a sanction, we would need the pupil to be able to understand the sanction and aim for this to be logical and meaningful so they learn from the experience. For example, if a pupil has made a mess in a classroom, they might help in cleaning and tidying up when they are calm and ready.

### **Exclusions**

The school is committed to exploring every alternative to exclusions whether fixed term (for a specific number of days) or permanent. The school leadership team will only take the decision to exclude a pupil if their behaviour means that they, or the pupils or staff working with them, cannot be kept safe. In these circumstances, a fixed term exclusion might allow for planning between school and home to ensure that they are safe when they return. A permanent exclusion would only be exercised if there were no reasonable changes available to make the pupil safe because of their behaviour. The school follows guidance from the Hackney Education on all exclusions. When considering a fixed term or permanent exclusion, we will follow the process of risk assessment set out in section 21 'Exclusions' of the school's 'Safeguarding and Child Protection Policy' in recognition of the very significant risks associated with exclusion from school.

## Universal – Targeted – Specialist

### 3. Approaches to Wellbeing and Behaviour

#### Specialist - Few

A few of our pupils might need the support of specialist services; the Child and Adolescent Mental Health Service (CAMHS) or the Educational Psychology service, to whom the school will refer with the support of the family. They will provide holistic support to the pupil and the school and the family. These pupils will also have a Behaviour Intervention Plan (BIP).

CAMHS support is also available for families where the concern doesn't have to relate to their education.

#### Targeted - Some

Some of our pupils will need their own strategies and resources to help them to be happy, calm and ready to learn, in the form of a Behaviour Intervention Plan (BIP). This will be put together by the class team in consultation with parents and carers and any relevant professionals supporting the pupil.

#### Universal - Most

The majority of our pupils will be happy, calm and ready to learn because of our positive learning environment. This is created by staff modelling kind, polite and friendly behaviour, learning spaces which are sympathetic to their needs, and also through positive reinforcement and praise for their achievements and efforts, and assemblies in class and with the wider school community to celebrate these. Perhaps most of all, if pupils have the means and opportunities to communicate their needs, wants and ideas, then they are likely to have positive wellbeing.

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The focus of staff training is primarily on understanding of pupil's needs and communication, and how best to support and engage pupils with their learning. We also provide Team Teach training for a significant number of staff, which teaches positive approaches to challenging behaviour and provides techniques for physical interventions in exceptional situations.

## **5. Targeted – Some**

Pupils who need specific strategies and resources to help them to be happy, calm and ready to learn, will have a Behaviour Intervention Plan (see appendix 9.1). This will be devised by the class team, with the support of other professionals as appropriate, and involve consultation with the pupil's parents or carers. It will be agreed by a senior leader.

The plan will set out how best to support and build a relationship with the pupil to keep them 'at green', i.e. calm, happy and ready to learn. It will set out the 'triggers' which might cause the pupil to become unsettled, and the 'amber' behaviours which signal might signal this, with linked strategies designed to support the pupil back to green. Finally, it will set out the 'red' behaviours when a pupil is in crisis, with strategies to bring the pupil back to amber or green. It will also make clear what the pupil (and supporting staff) might need following an episode of 'red' behaviour. Staff members are expected to use this language ('red', 'amber' and 'green') to discretely share information about a pupil's mood. With some pupils, it might be possible to support them to use this language to help identify when they are finding a situation challenging and the strategies which might support them.

Most importantly, the plan will set out some clear positive outcomes for the pupil that the plan should deliver, and there should be frequent (at least termly) review of the plan to ensure it is still helpful and required, and to look at whether the outcomes have been achieved.

A structure for helping to consider a pupil's behaviours and which are 'amber' and 'red' is provided in appendix 9.2. To consider some of the experiences and emotions which might be contributing to the challenging behaviour, a model called 'Roots for Fruits' is provided in appendix 9.3.

## **6. Specialist – Few**

A few pupils may require specialist support from Child and Adolescent Mental Health Services (CAMHS). If the class team feel that a referral to CAMHS would be appropriate, they should first seek the advice of senior staff. Parents/carers should be involved in the referral process and need to give consent for a CAMHS referral to be made.

#### *CAMHS Disability*

The CAMHS Disability service in Hackney provides support for children with disabilities and emotional/behavioural and mental health concerns. It is a specialist service for children and young people with moderate to profound learning disabilities. The service includes a multidisciplinary team of clinical psychologists, child psychotherapists and assistant psychologists, a consultant psychiatrist, a family therapist and a play specialist. Clinicians in CAMHS Disability have specific skills and training in understanding mental health and wellbeing in children with learning disabilities and complex needs.

#### *When to refer to CAMHS*

Staff might feel it is appropriate to refer to CAMHS when they are concerned about a child's wellbeing. This might be noticed through changes in behaviour or mood. Staff might be worried about a child's relationships with others, their family life, neurodevelopmental conditions (Attention Deficit Hyperactivity Disorder or Autism Spectrum Disorder), bereavement, loss or trauma.

#### *What happens when a referral is made?*

The service aims to see all families within five weeks of receiving the referral. An initial appointment will be offered with a member of the team to develop a shared understanding with the family and agree an intervention. CAMHS Disability provides individual and group work to parents and children to offer emotional and behavioural support. It's often helpful to also work with school and other professionals involved.

The school also benefits from the support of a link Educational Psychologist, who can provide advice and guidance on how best to support pupils or groups of pupils, or to develop staff practice for pupil behaviour and wellbeing.

## **7. How we respond to challenging incidents, including debriefs**

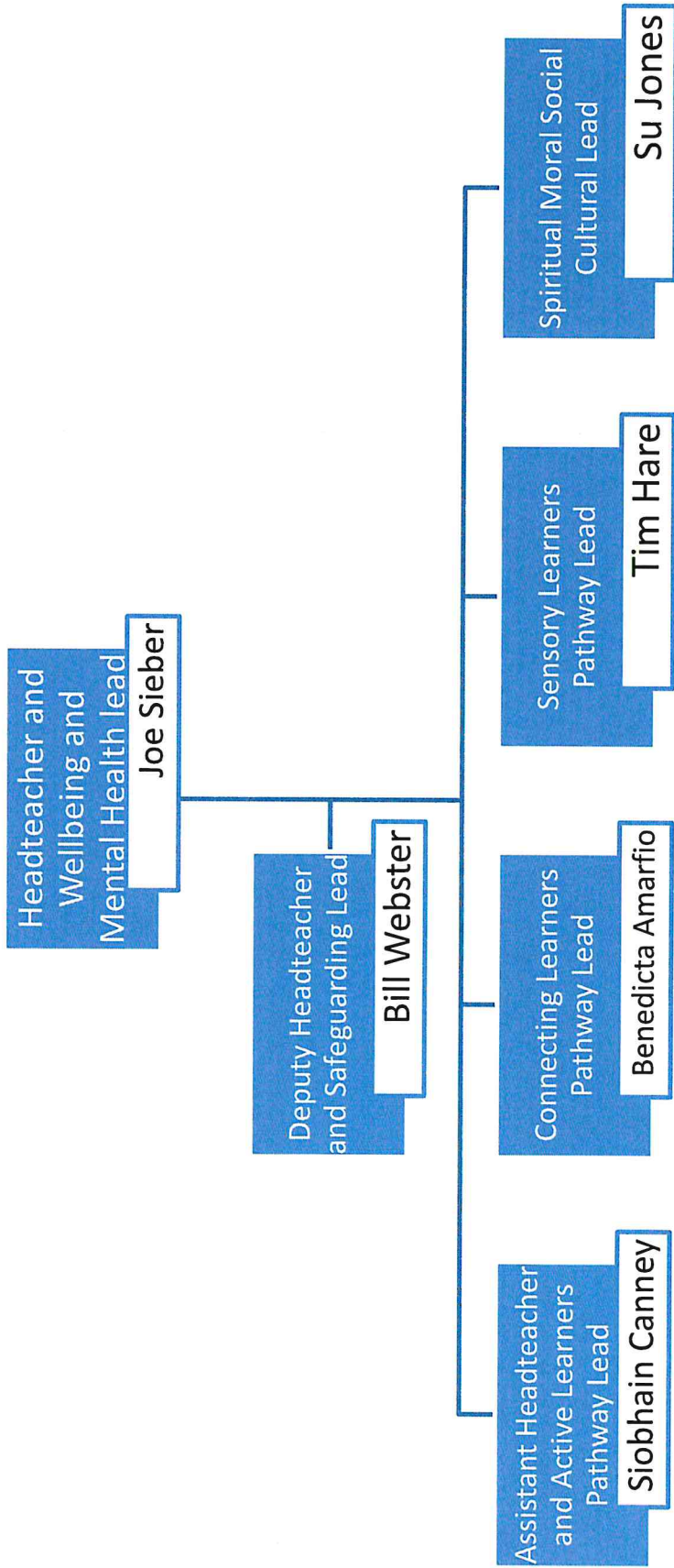
At times there may be incidents at school that are challenging for staff to respond to. These may arise due to a pupil's challenging behaviour. This could be when there is an episode of behaviour where a pupil hurts themselves or others or damages property. Challenging incidents could also be in relation to supporting children who are experiencing emotionally challenging situations.

It is often helpful for staff to have some form of debrief or a chance to reflect following an incident. This can help with learning from the episode and might lead to new ideas about how to respond in future. An example of this might be that following a reflection on a behavioural incident that changes might be made to a pupil's behaviour support plan. Debriefs or opportunities for staff reflection can also be helpful in providing emotional support to the members of staff who have been involved in the episode. Plans for staff support might be made following this. These may be particularly important if the challenges are likely to be ongoing. See appendix 8.4 for a model for these debriefs and the questions which staff members might use to support their colleagues.





**8. Roles and responsibilities within the organisation, including Wellbeing and Mental Health Lead**



The Wellbeing and Mental Health Lead liaises on a weekly basis with the school's link CAMHS therapist, and chairs the half-termly Health and Wellbeing Forum.

The Safeguarding Lead works closely with a range of professionals to support pupil's safety and wellbeing.

The Pathway Leads provide daily support to class teams with pastoral issues, including pupil wellbeing and behaviour.

The Spiritual Moral Social Cultural Lead drives the school's approach to supporting pupil's wider development.

## **9. Appendices**

- .1** BIP template
- .2** Mapping Amber and Red
- .3** Roots for Fruits
- .4** Gibbs' Reflective Cycle
- .5** Reaching the Peak
- .6** Behaviour incident form
- .7** Safeguarding and concerns form
- .8** Incident monitoring chart
- .9** Personalised timetable

**.1 BIP template**

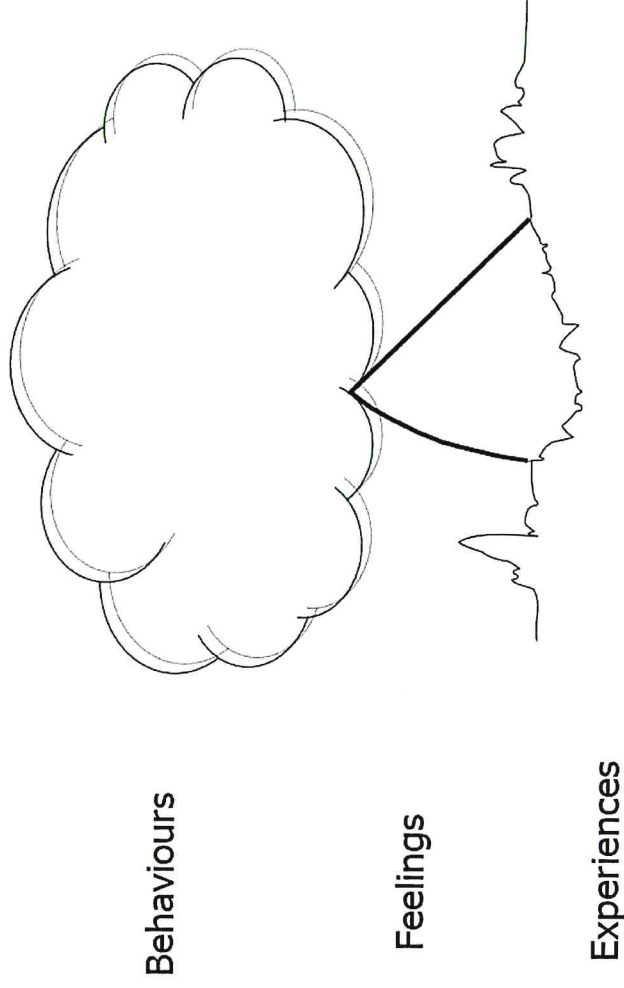
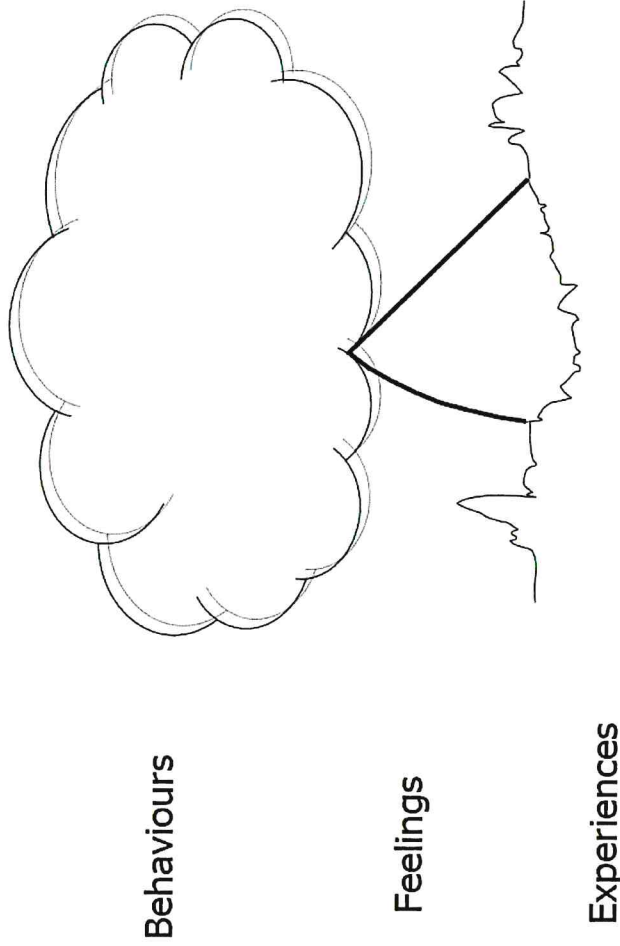
**Behaviour for Learning**

<b>Name:</b>	<b>DoB:</b>	<b>Class:</b>	<b>Staff Involved:</b>
<b>Positive behaviour outcomes</b> <i>What do we want this plan to achieve?</i>	1. 2. 3.		
<b>Pupil's strengths, and how to build a relationship and best support</b>			
<b>Green to Amber: Potential triggers</b>			
<b>Amber behaviours</b>	<b>Amber strategies to move from amber to green</b>		
1. 2. 3. 4. 5.	1. 2. 3. 4. 5.		
<b>Red behaviours</b>	<b>Red strategies to move to amber (or green)</b>		
1. 2. 3.	1. 2. 3.		
<b>Actions following red behaviour</b>			
<b>Other information, notes, and comments</b>			
<b>Where and how incidents are to be recorded</b>			
<b>Class Teacher:</b>	<u>Parent/carer signature</u>	<u>Date:</u>	<b>Review Date:</b>
	<u>Correspondence</u>	<u>Date:</u>	

## .2 Mapping Amber and Red

Unsettledness	Time
<p><b>Amber</b></p> <p>Which behaviours do you see at this point which suggest the pupil is becoming unsettled?</p> <p>Which strategies or responses can help prevent this escalating?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><b>Red</b></p> <p>Which behaviours do you see at this point which suggest the pupils becoming unsettled?</p> <p>Which strategies or responses can deescalate this situation and keep the pupil and the people around them safe?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

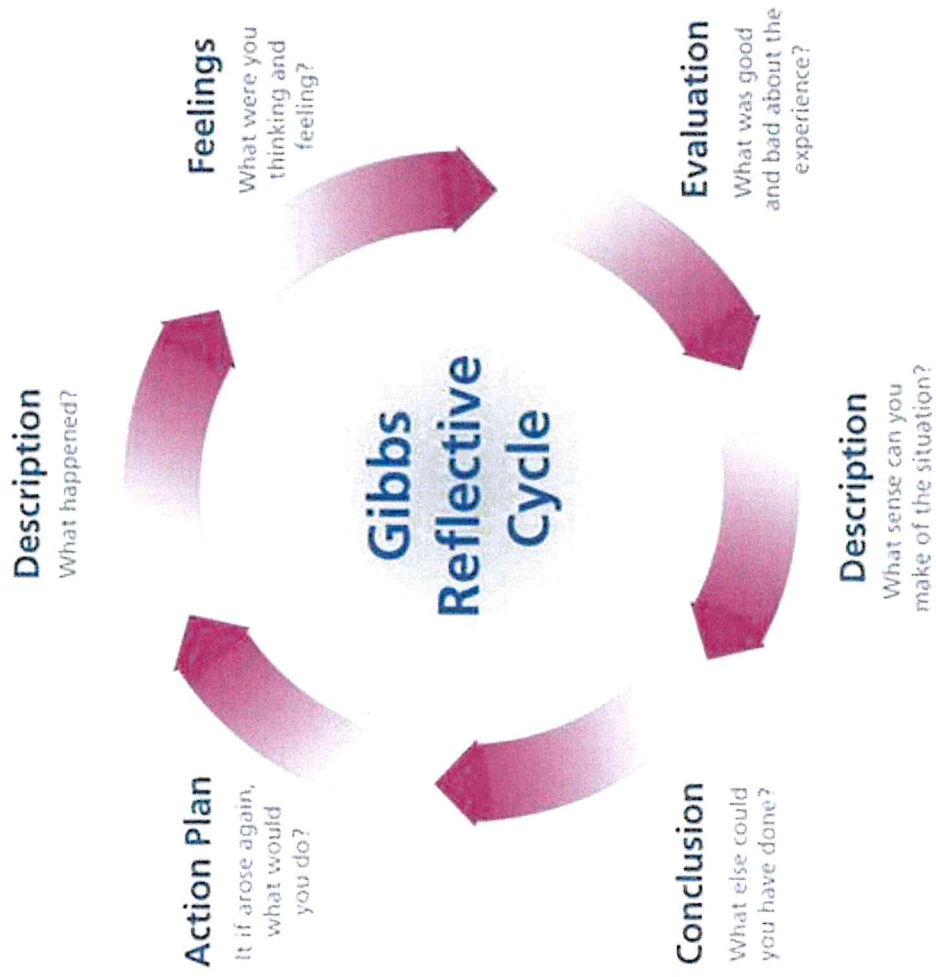
### .3 Roots for Fruits



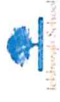
1. Consider the pupil's behaviours and what might be the feelings which provoke these behaviours, and the experiences which might have caused these feelings.
2. Consider the positive experiences which the school might provide for the pupil, and the feelings and behaviours you hope this might engender.

#### **.4 Gibbs' Reflective Cycle**

For use in debriefs following challenging incidents.



## .5 Reaching the Peak



Reaching the Peak

### What do we want to achieve as a team?

Date:

What is working well:

- 1.
- 2.
- 3.

What are the challenges?  
(e.g. "We want...")

- 1.
- 2.
- 3.

What can we do differently to overcome them?  
(e.g. "We will ...")

- 1.
- 2.
- 3.

Do we need anything new to overcome them?  
(e.g. resources or specialist input)

- 1.
- 2.
- 3.

Review date (e.g. next class meeting):



# Review meeting

<p><b>What has changed for the better?</b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<p><b>Review of actions from last time:</b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	
<p><b>What remains a challenge?</b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<p><b>What can we do differently to overcome them?</b> (e.g. "We will ...")</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<p><b>Do we need anything new to overcome them?</b> (e.g. resources or specialist input)</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
<p>Further review date (e.g. next class meeting) if necessary:</p>		

## .6 Behaviour incident form



### Ickburgh School Behavioural Incidents

For behavioural incidents where an injury or restraint occurs or there is disruption to the class

Pupil Name		Class	
Date		Time	
Staff Member completing form		Staff present	

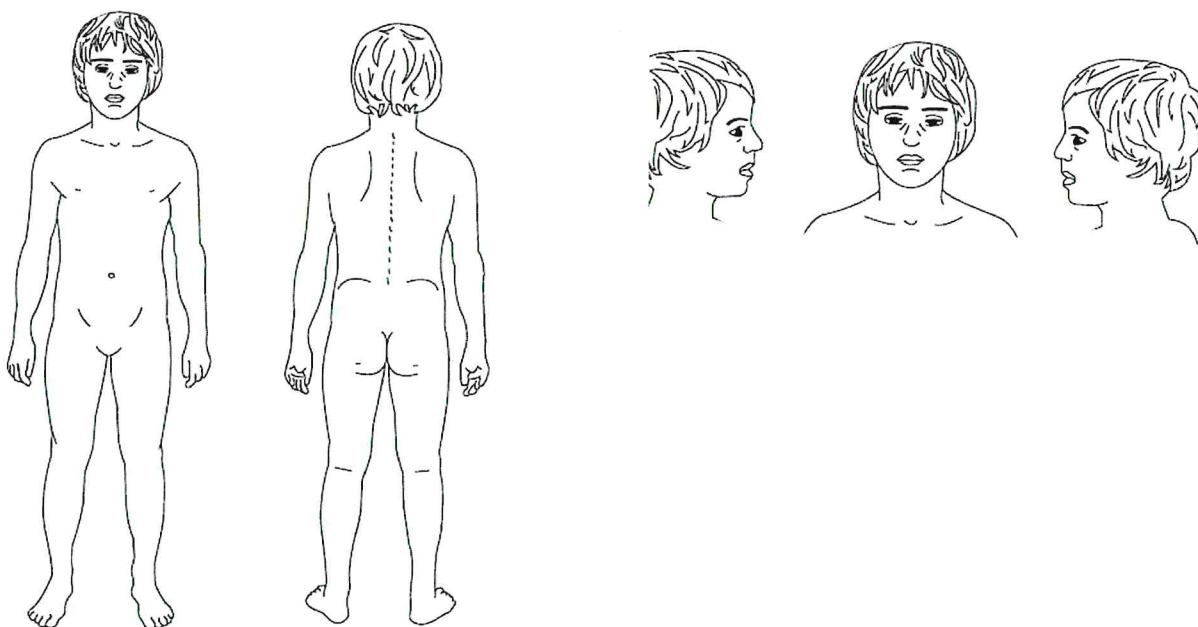
#### Behaviour

Kicking	Staff		Hair Pulling	Staff		Running off	Within class		Not responding
	Pupils			Pupils			Within building		Non cooperation
	objects			self			Out of building		Throwing self to floor
	self			Staff			Out of premises		Refusal to go home
Hitting	Staff		Scratching	Pupils		Pushing /pushing over	Staff		Inappropriate language
	Pupils			self			Pupils		Swearing
	objects		Biting	Staff			furniture		Threatening gestures
	self			Pupils			Throwing	Objects	
Punching	Staff		Grabbing	objects		Inappropriate touching	furniture		
	Pupils			food			Self		Urinating
	objects			Pupils			pupils		Defecating
	self			staff			staff		Refusing toileting
Weapons	Search for					Spitting	Staff		Stripping
	Use of						Pupils		Climbing on furniture
Head-butting	staff		Head-butting	objects			Floor/ furniture		Climbing out of window or over fence

How did the behaviour start? (trigger / antecedent)	
What happened? (behaviour/ how did staff attempt to de-escalate the situation?)	
How long did the behaviour last?	
What happened next? (consequences)	

ONLY COMPLETE THIS IF RESTRAINT IS USED					
Restraint (Y or N)		Bound book number ( office use)		Restraint Method used	
Staff restraining				Length of Time	
Disruption to class (including length of time)				How parents informed	

Please indicate any concerns regarding marks/ bruises or self-injurious behaviour on the body chart below.



Actions Taken		
Date	Person taking action	Action (letter home, accident book, telephone, sent home, other reports)

Please return this form to the appropriate Safeguarding Officer when completed

LEAVE THIS TABLE BLANK (TO BE COMPLETED BY SLT)		
actioned by (sign and date)	action (brief description)	save as (include L M H)

**.7 Safeguarding and concerns form**



## Ickburgh Safeguarding Concerns

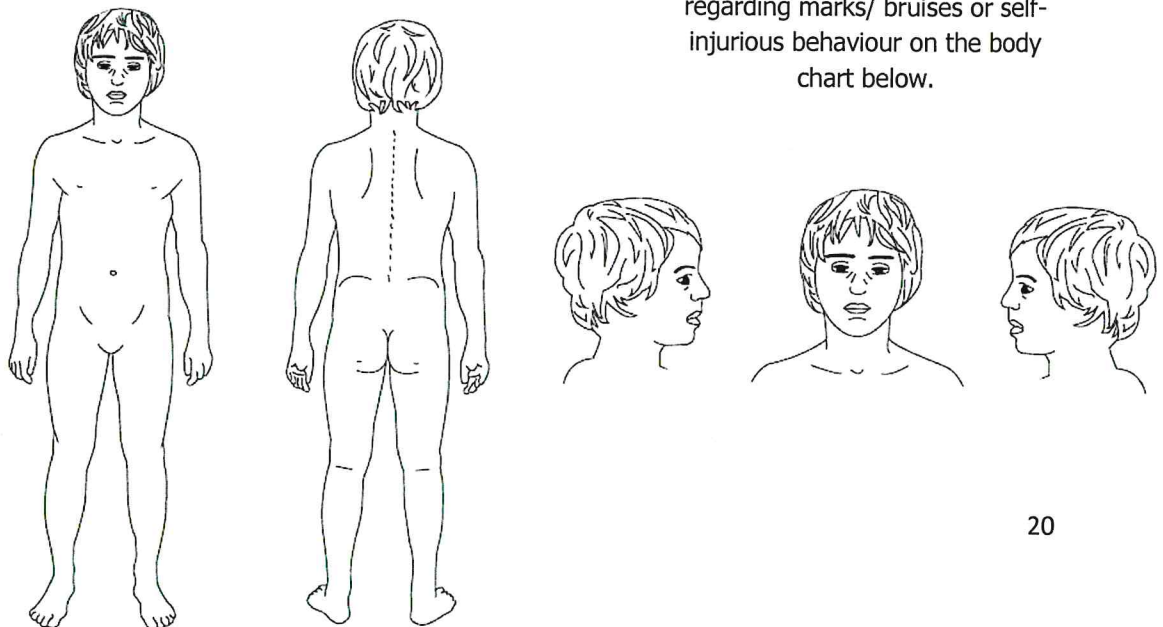
For any concerns about a pupil. (Behavioural, Pastoral, Medical or Child protection)

Pupil Name		Class	
Date		Time	Staff Member completing form

Injury seen on arrival		Injury seen during day		Injury occurring during school		
Injury type	injury location	Injury type	injury location	Injury type	injury location	caused by

Presentation	clothing	Incontinence pads	Other

Please indicate any concerns regarding marks/ bruises or self-injurious behaviour on the body chart below.



Comments on Concern (please provide a detailed report of the concern)

Actions Taken		
Date	Person taking action	Action (letter home, accident book, telephone, sent home, other reports Please attach these)
		Form completed

Please return this form to the appropriate Safeguarding Officer when completed

<b>LEAVE THIS TABLE BLANK (TO BE COMPLETED BY SLT)</b>		
actioned by (sign and date)	action (brief description)	save as

### .8 Incident monitoring chart (to be personalised)

For behaviour incidents that occur frequently or are minor / minimally disruptive in nature

Pupil Name	Date	Time	Key stage			Class			Month/ Year			Was another pupil involved?	
			What happened?	Behaviour									Notes: e.g. How did the behaviour start: (trigger/ antecedent) What happened next? (consequences)

Use separate form if: 1. an injury has occurred whether to pupil displaying behaviour, another pupil, or member of staff. 2. Restraint is undertaken 3. The incident causes disruption to whole class or continues for more than 5 minutes.

### .9 Personalised timetable (to be personalised)

Name:	Date:
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<b>LEARNING ON TASK</b> Opportunities for positive praise, reinforcing desired behaviours and ignoring unwanted behaviours.	<b>SOME LEARNING INTERMITTENT ENGAGEMENT</b> Low level disruption.	<b>LEARNING BY PROXY TASK AVOIDANCE</b> In appropriate space. Not being disruptive. Allowing adults to model activity close by. Parallel work.
<b>NO LEARNING OFF TASK</b> Not co-operating (use codes to record type of non-cooperation)		

LEARNING	SOME LEARNING	LEARNING BY PROXY	NO LEARNING																			
Timing	9.00-9.15	9.15-9.30	9.30-9.45	9.45-10.00	10.00-10.15	10.15-10.30	10.30-10.45	10.45-11.00	11.00-11.15	11.15-11.30	11.30-11.45	12.00-12.15	12.15-12.40	12.40-13.10	13.10-13.30	13.30-13.45	13.45-14.00	14.00-14.15	14.15-14.30	14.30-14.45	14.45-15.00	15.00-15.15
Activity																						
Location (classroom unless stated otherwise)																						

Policy Reviewed by: Joseph Sieber

Designation: Head Teacher

Date: 9<sup>th</sup> November 2021

Approved by: Full Governing Body

Chair of Committee: Pat Corrigan.....

Signature: .....

Date: 12<sup>th</sup> October 2021