



Glen Hills Primary School Stress / Anxiety Management for Pupils

An overview of practice and procedures.

STATEMENT

Stress / Anxiety (henceforth referred to as 'stress') is a complex issue that occurs when people are emotionally, mentally and / or physically distressed or disturbed. In acknowledging that our pupils have differing personalities and differing life experiences, we recognise our duty to provide support, care and guidance to all our pupils. This will ensure we (the establishment) will support pupils in managing stress and also eliminate potential sources of stress.

OUR AIMS

We aim to;

- Increase understanding of child stress through guidance from agencies such as the Local Authority, Social Services etc.
- Reduce possibilities for 'stressful situations' arising in the school setting.
- Take action if a child is 'stressed', whether this is due to emotional, physical or mental circumstances.

HOW ARE WE TO MEET THESE AIMS?

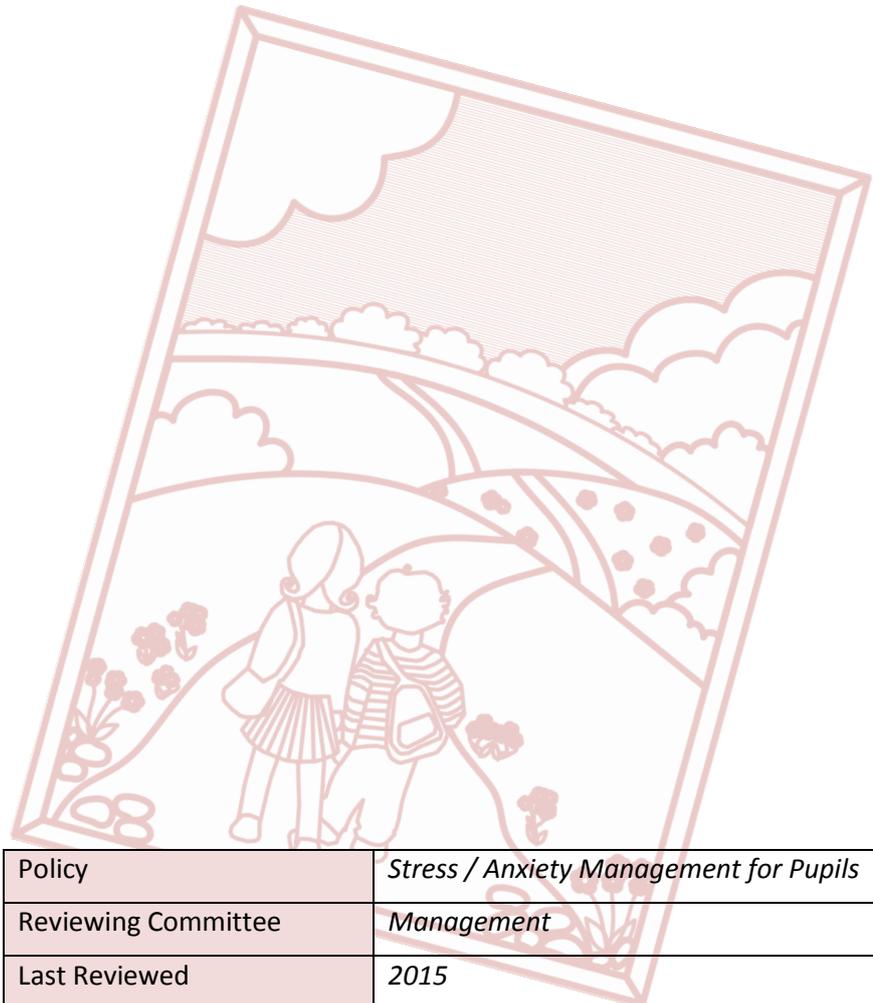
- Use all available support and services. The Local Authority provides information and guidance on the support of children who are having specific difficulties in / out of school. We will also continue our positive relationship with key agencies such as Social Services to ensure we glean sufficient information should agencies such as these have an involvement with a particular child suffering with stress.
- We will maintain our thorough support system for pastoral care in the school. Our Anti-Bullying, Anti-Racist, Anti-Sexism, Anti-Homophobia Behaviour, Child Protection and Curriculum Provision procedures provide guidance for avoiding relevant situations which could lead to pupils becoming stressed. They also provide guidelines on how to deal with such relevant situations if they arise.

The pupils also know that there are adults in school who they feel they can talk to if they are worried about an issue. We will ensure that pupil responses gleaned from the Annual Pupil Questionnaire (regarding talking to an adult in school if they are worried) and any entries into the Student Council-led 'Worry Box' are closely monitored to ensure we know the pupils feel they can talk openly to an adult in school if necessary.

- Maintaining our strong support and communication between all staff within the school will ensure any pupil who may be suffering from any aspect of stress is closely monitored. Communication with parents and carers is also of vital importance in helping any pupil with any issue at Glen Hills.

If necessary, an Individual Educational Plan (IEP) for that particular child will be formulated by the school, parents and (if appropriate) other agencies to help deal with the 'stress' that the child is suffering with.

The contents of these procedures will be reviewed on the four year cycle by the Management Committee.



Policy	<i>Stress / Anxiety Management for Pupils</i>
Reviewing Committee	<i>Management</i>
Last Reviewed	<i>2015</i>