

# CHILDREN AND YOUNG PEOPLES MENTAL HEALTH & WELLBEING STATEMENT

*Definition of 'Mental Health & Wellbeing by The World Health Organisation:*

*"...a state of wellbeing in which every individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community."*

At Empire Dance Scotland we continuously aim to promote positive mental health and wellbeing. We recognise that children's mental health is a crucial factor for their overall well-being and can affect their learning, achievement, relationships and personal development.

Our aim is to provide a safe and positive space for children to:

- Feel welcomed
- Feel safe
- Feel supported
- Feel a sense of belonging
- Be trusted and that they are able to trust our teachers with any issues they may have
- Feel valued
- Feel confident in themselves
- Know that they can express their emotions with no judgement
- To make and maintain positive relationships with peers

Empire Dance Scotland understands that while promoting positive mental health, we are able to recognise and respond to ill mental health. We will ensure our teachers, parents and students are aware of how to raise concerns, access support and when to reach out. Teachers are trained on how to notice warning signs which may indicate that a student is experiencing mental health or emotional wellbeing issues. Warning signs must always be taken seriously and all teachers, parents or students observing any of these warning signs must raise a concern with Renee Costello (Designated Child Protection Officer).

These signs can include (and are not limited to):

- Physical signs of harm that are repeated or appear non-accidental
- Expressing feelings of failure or loss of confidence
- Loss of interest in classes
- Lack of interaction between peers
- An increase in lateness or being absent
- Rapid weight loss or weight gain

If a child chooses to disclose concerns for themselves, a friend, or a family member, to any of our staff, they must know how to respond appropriately. Staff should always be calm, non-judgmental, supportive and be aware of confidentiality (unless the concern needs to be passed on).

If it is necessary for a concern to be passed on, we must discuss with the student:

- Who we are going to speak to
- Why we need to speak to them
- What we are going to tell them

We will never share information about a pupil without consulting or informing their parents/carers first. There can be certain situations (e.g. a child is at serious risk of harm) where information must be shared with another member of staff and/or a parent/carer without prior consent.

With children able to start dancing from a very young age, all of our staff have the relevant training and skills to manage certain behaviours and developmental issues.

At our school, every child has the chance to thrive and excel with their dancing, friendships and mental wellbeing. We will ensure that every child has a positive experience when attending classes with Empire Dance Scotland.

Policy Made: 18/11/2023

Policy Review Date: 13/07/2024 EMPIRE DANCE SCOTLAND