



Mental Health Statement of Intent



At Warren Wood, the holistic needs of the whole child are at the forefront of everything we do. We believe in nurturing pupils, families and staff in order for them to reach their full potential.

Our school motto is 'Care, Courtesy and Consideration' and we pride ourselves on delivering this through our thoughts, actions and deeds. Our school vision and ethos of 'Our Seven Steps to Being a Happy Learner' foster the mental health and wellbeing of all our children through promoting our seven core values: we want our children to be inquisitive, resilient, collaborative, ambitious, confident, responsible and proud.

Implementation

- We promote positive mental health and wellbeing through developing a whole school approach, within a culture of high expectations and support.
- We ensure that our children are supported to understand and express their emotions, to build their self-esteem and emotional resilience and, therefore, their capacity to learn, through the promotion of positive mental health and wellbeing.
- We have a committed staff team that work collaboratively with children and parents/carers to set a whole school culture of positive mental health and wellbeing that everyone understands and is committed to strive for.
- We have reduced the stigma against mental health, through increasing the awareness and understanding of mental health and wellbeing amongst our children, staff and wider community.
- We promote positive mental health and wellbeing through prevention by providing children with a safe and calm environment. We equip children to be resilient through the design and delivery of our curriculum and reinforce this through school activities and with our ethos.
- We provide early identification and support to any child who appears to need additional support with their mental health and wellbeing; whilst working effectively with external agencies to provide specialist support and interventions as needed.
- We ensure that, embedded within our curriculum, we are enabling our children to become inquisitive, resilient, collaborative, ambitious, confident, responsible and proud. Children understand how they are developing personally and socially and moral, social and cultural issues that they face are addressed. Children are provided with opportunities to learn about thriving in a forever changing, diverse, multicultural society.

- Children take responsibility for the wellbeing and mental health of others through the 'restorative ambassadors' scheme that we run in the school. Children are trained to help others to resolve issues in a supportive and proactive way.

Impact

Children in our school are aware of what it means to have and maintain good mental health. They understand that everyone struggles sometimes and we help them with a range of strategies to identify how they are feeling and to manage strong emotions and feelings.

We provide children with the vocabulary that they need to express how they are feeling and to discuss their mental health and wellbeing. This is taught progressively and in line with the age and ability of children.

We have well-trained staff, including a play therapist, who offer a bespoke provision when needed and who are aware of and use external services to support children when necessary.

Our children understand that our mental health and emotional state can fluctuate and change. They understand that our collective mental health is everyone's responsibility and that we can support others by showing care, courtesy and consideration.