Mental Health and Wellbeing Statement

Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community *(World Health Organisation).*

Schools are on the frontline when it comes to supporting children and young people's mental wellbeing. Staff working in schools are ideally placed to recognise and respond to early signs of mental health difficulties in children and young people. The skills, knowledge and understanding needed by our pupils to keep themselves and others physically and mentally healthy are included as part of our PSHE curriculum.

Whilst all staff work to promote positive mental health across the school, we acknowledge and respond to those children that require specialised, targeted support to build resilience and cope with adversity. Staff with a specific remit to support mental health and emotional wellbeing in school are:

Miss Laura Moore	Mental Health Lead/SENCO/Safeguarding Lead
Mrs Sara Rogers	Assistant SENCO/Counsellor
Mrs Silvia Collins	ELSA (Emotional Literacy Support Assistant)
Mrs Nicki Dexter	ELSA/Emotion Coaching Teaching Assistant
Mr Craig Andrew	PSHE/Wellbeing Co-ordinator
Mr Jack Opie	Assistant Head KS2 (Pastoral Lead)/Safeguarding Lead
Mrs Danielle Morgan	PFSA (Parent and Family Support Advisor)

Mental Health and Emotional support may include:

- PSHE Curriculum
- Growth Mindset approach
- ELSA support – individual or small group
- Counselling
- Lego Therapy
- Drawing and Talking
- Intervention work with Pastoral Lead
- PFSA support