

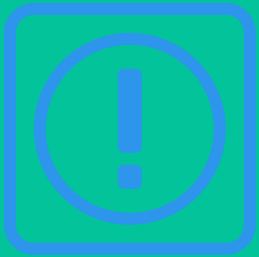


# Emotional Health & Wellbeing



The World Health Organisation defines mental health as “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.” (2014)

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## Social & Emotional Learning

We aim to support pupils in developing their social and emotional learning by:

- recognising, naming, describing and understanding emotions
- expressing feelings appropriately
- helping pupils to deal with their responses to emotions (e.g. managing anger, or to control impulses).
- helping pupils to understand and consider the feelings of others
- building pupils' confidence and self-esteem.
- helping pupils to deal with the unexpected and when things don't turn out as they wanted.

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## 5 Ways to Wellbeing

In supporting good mental health and wellbeing, the ethos underpinning our approach is that of the Five Ways to Wellbeing (New Economics Foundation 2008) which highlight the importance of

- taking notice (e.g. of our environment)
- connecting (with others)
- learning (e.g. a new skill)
- giving (e.g. contributing to a project or group)
- being active

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## Pupil Voice

We strive to involve pupils in decisions that can impact upon them which in turn can affect their emotional health and wellbeing. Helping pupils to feel part of the school and wider community enables them to develop a sense of control over their own lives.

At an individual level pupils can gain a belief in their own capabilities, for example by building their knowledge and skills to make healthy choices and develop their independence.

Collectively, pupils benefit through having opportunities to influence decisions, to express their views and to develop strong social networks.

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## Targeted Support

We recognise that some children and young people are at greater risk of experiencing poorer mental health and wellbeing.

When a pupil has been identified as requiring extra support they will be referred to the appropriate agency such as the Learning Disability Team or Social Care.

We also work with the Mental Health Support Team (MHST) who provide early intervention support for pupils' on mental health and wellbeing issues, as well as supporting parents.