**Mental Health and Wellbeing**

**Vision and Intent**

**Vision**

Mental health and emotional wellbeing are important to our lives in just the same way as physical health and we recognise this in our school. At Whitby Heath Primary School, we aim to promote positive mental health and wellbeing for our whole school community including those most vulnerable. At Whitby Heath Primary School, we are passionate about making a difference to the lives of young people and we actively promote the values of resilience, self-awareness, kindness and compassion which allows us to respond effectively to the challenges that daily life brings. We believe in working together through the challenges and sharing the celebrations; feeling supported, heard, accepted, valued and empowered.

Our vision is that all pupils are taught the importance of wellbeing and good mental health. All pupils are encouraged to discuss and talk about their wellbeing at regular points throughout the week with approaches to support those with SEND to engage and communicate this. We aim to develop a climate where pupils learn to understand and monitor their own feelings as well as feeling empowered to seek support should they need it. In addition to looking after their mental health, children are also taught to develop a positive growth mind-set through specific teaching in PSHE and Wellbeing lessons as well as across the wider curriculum.

**Intent**

* To have a whole school approach to promoting positive mental health and wellbeing within a culture of high expectations and support.
* To ensure that, through the promotion of positive mental health and wellbeing, our children are helped to understand and express their feelings, build their confidence and emotional resilience and therefore their capacity to learn.
* To have a committed staff team that sets a whole school culture of positive mental health and wellbeing, support and values that everyone understands, believes in and is prepared to strive for.
* To increase the awareness and understanding and reduce stigma amongst children, staff and our wider community of issues involving the mental health and wellbeing of young people and to provide support at an early stage to any child who is or appears to be suffering from mental health issues.
* To ensure that children are given ample opportunity to talk about their mental health and wellbeing.
* To provide children with effective coping strategies to help them during times of stress and worry.
* To provide children with set times to practise ‘Happy Breathing’ and ‘Mindfulness’ strategies which can be used to managing emotions and negative feelings.
* To encourage children to be confident and resilient but also able to seek help when it is needed.
* To celebrate all children’s achievements and facilitate children to develop a positive growth mind-set.
* To embed key vocabulary which will be used to give specific praise to children (e.g. perseverance, determination, creativity).