

# Mental Health and Well-being at St. Mary's

Here at St. Mary's well-being is of the utmost importance. We take a whole school approach that involves everyone (school leaders, teachers, staff, parents and pupils) to embed a safe and inclusive learning culture and environments, including:

- providing social and emotional skills programs
- providing timely support for those with additional needs
- involving students and families in decision-making.

Our aim is to build resilience. Resilience is the ability to cope and thrive in the face of negative events, challenges or adversity. It is a skill that can be developed through:

- positive social connections
- safe environments
- life skills such as positive coping and problem-solving skills
- pro-social values
- positive self-regard
- and a sense of purpose and agency or responsibility.

We promote health and wellbeing in many different ways in school these include:

- having Designated Mental Health Leads, Mrs O'Neill and Miss Little
- whole staff training on mental health and well being
- whole school assembly themes to promote and support children's mental health
- availability of worry boxes and slips around the school for children to easily request support from a trusted adult;
- circle time sessions in all year groups;
- annual workshop sessions with 'The Education Life Bus'
- annual workshops, events and assemblies run by NSPCC staff;
- marking World Mental Health Day and Mental Health Awareness Week in school;
- a comprehensive range of health and sporting activities across the curriculum and in after-school clubs.

At the core of each of these approaches is the importance of giving children an emotional vocabulary, the time and space to listen and reflect on how they feel and a set of tools to help them move to a more positive set of feelings when sadness, frustration, anger, loneliness, grief are experienced.