

Priority: A focus on pupils' mental health and wellbeing empowers all children to be confident, resilient and responsible.

Why is this a priority?

Some children find it difficult to access all aspects of school and to understand all the things that are going on in their lives. It is essential that we provide support for these children when they need it and empower all children to lead mentally and physically healthy lives.

Online Safety

Our children need to know how to keep themselves safe online. We want them to understand the inherent dangers of the online world and to equip them with the skills to manage these dangers.

We also want our pupils to be responsible for their own online behaviour.

Staff Knowledge

We recognised the need for staff to keep up to date with best practice and new ideas to support their knowledge and understanding of children's mental health and wellbeing. This ensures that there is a shared understanding and expertise about how best to support children and that this is embedded in our ethos across the school.

Five Ways to Wellbeing

Connect **Take Notice** **Give**
Keep Learning **Be Active**

The Five Ways to Wellbeing, used across the school, gives children a shared language and understanding about mental health and wellbeing.

Pupils are able to make informed choices about their emotional and mental wellbeing.

Pastoral Support

A range of additional pastoral support and strategies, from our Thrive practitioners, our Outdoor Leader and outside agencies ensures that all pupils who need it are supported with their social and emotional needs. This may be group work or personalised, individual support.

Healthy Lifestyles

We provide children with a range of opportunities to be active throughout the school day.

We ensure that children understand what constitutes healthy lifestyle choices (including diet and exercise).

What impact will this have?

Pupil mental health and wellbeing are supported.

A range of high-quality pastoral support means that the social and emotional needs of all children are met.

A whole-school approach ensures children have a shared language and understanding about mental health and wellbeing.

High-quality pastoral support empowers all children to be confident, resilient and responsible.

Children know how to be physically healthy and maintain an active lifestyle. Children understand how to be responsible and respectful citizens including keeping themselves safe online.