

**Mental health is defined as a state of wellbeing 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*

## **Intent**

At Tanners Brook Primary School, we are committed to supporting the emotional health and wellbeing of every member of our school community and recognise how important mental health and physical health and well-being is to our lives. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support.

We recognise that mental health and overall well-being can affect learning and achievement. We therefore take that view that positive mental health is everybody's business and that we all have a role to play. We believe that good mental health can lead to improved attainment, attendance, positive behaviour, as well as happier, more confident and resilient young people.

## **What underpins our intent to develop positive mental health at Tanners Brook Primary school?**

We aim to develop the protective factors which build resilience to mental health problems and to be a school where:

- All children are valued.
- Children have a sense of belonging and feel safe.
- Children feel able to talk openly with trusted adults.
- Positive mental health is promoted and valued.
- Bullying is not tolerated.
- All children are considered VIP's and are celebrated as such via our reward programme.
- Parents are welcomed and included.

Early intervention to identify issues and provide effective support is crucial. The school's role in supporting and promoting mental health and wellbeing can be summarised as:

- **Prevention:** creating a safe and calm environment where mental health problems are less likely, improving the mental health and wellbeing of the whole school population, and equipping pupils and students to be resilient so that they can manage the normal stress of life effectively. This will include teaching pupils about mental wellbeing through the curriculum.
- **Identification:** recognising emerging issues as early and accurately as possible.
- **Early support:** helping pupils and students to access early support and interventions and working with parents effectively.
- **Access to specialist support:** working effectively with external agencies to provide swift access or referrals to specialist support and treatment if and when needed.

## Support

If you would like to discuss any concerns, please contact either Mrs Welch (Deputy Headteacher) or Miss Wareham (HLTA Inclusion)

Please also see below some websites which may be helpful to refer to.

[Urgent Mental Health Helpline](#)

[NHS Tips for Mental Wellbeing](#)

[Mind - Seeking Help](#)

[Childline](#)

[Samaritans](#)

[NSPCC](#)