



Mental Health and Wellbeing Vision

Wellbeing and Mental Health. These two terms are essentially describing the same thing. They are often used as ways to describe your mental state. Your mental state generally refers to how you are feeling and how well you can cope with day-to-day life.

At St Matthew's Catholic Primary School, we aim to promote the positive mental health and wellbeing of every member of our school community and recognise how important mental and physical health and wellbeing is to our lives. We recognise that children's mental health and overall well-being can affect their learning and achievement.

A key aspect of our role in school is to ensure that children are able to manage times of change and stress, and that they are supported to reach their potential or access help when they need it. We also have a role to ensure that children learn about what they can do to maintain positive mental health, what affects their mental health, how they can help reduce the stigma surrounding mental health issues, and where they can go if they need help and support.

At St Matthew's we have defined well-being and mental health as the capacity to live a full productive life as well as the flexibility to deal with its ups and downs. We believe that:

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

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We have a whole school approach to promoting positive mental health and well-being. Our vision is for all pupils to flourish and have life in its abounding fullness of joy and strength for spirit, soul and body.

This is achieved by:

1. Creating an ethos, policies and behaviours that support mental health and resilience and which everyone understands
2. Helping children to develop social relationships support each other and seek help when they need it.
3. Helping children be resilient learners
4. Teaching children social and emotional skills and an awareness of mental health
5. **Early identification** of children who have mental health needs and planning to support their needs, including working with specialist services.
6. Effectively working with parents and carers
7. Supporting and training staff to develop their skills and own resilience
8. Developing an open culture that encourages discussion and understanding of mental health awareness.

At the core of our vision are the four key values that shape everything we do at St Matthew's:

- **Compassion** – We bring empathy and kindness to all we do, to better understand and meet the needs of children and young people, colleagues and other stakeholders.
- **Integrity** – We demonstrate sound ethical values in all of our work, and we are honest, transparent, courageous and authentic.
- **Perseverance** – We have the courage to continue in the face of adversity and do this with determination to find effective solutions.
- **Creativity** – We bring an open-minded approach and flexibility to our thinking and actions, and enable others to do the same.

At St Matthew's we are committed to promoting mental health as part of our school life. We strive to improve the emotional wellbeing of our young pupils and will ensure mental health problems are identified early and appropriate support is provided. We will endeavour to provide provision and interventions that are tailored to the individual needs of pupils. We are steadfast in our aim to engage the whole school community in the importance of mental health issues and the role it has on our wellbeing.