



## Stadhampton Primary School

### Statement of Intent

#### Mental health and wellbeing

#### Introduction

'The culture, ethos and environment of a school influences the health and wellbeing of pupils and their readiness to learn'

'Pupils with better health and wellbeing are likely to achieve better academically'  
Public health England (2014)

It is widely recognised that emotional health and wellbeing influence cognitive development, learning, physical and social health and mental wellbeing.

#### Definition

School mental health and wellbeing is the physical and mental wellbeing of all members of the school community; children, staff, parents and visitors.

#### Our aims

At Stadhampton Primary School, we aim to

- promote the positive mental health and wellbeing of every member of our school community.
- Ensure that children learn about what they can do to maintain positive mental health, what can affect their mental health and how to reduce the stigma surrounding mental health issues.
- Equip our school community to manage times of stress and change.
- Recognise when people may need some additional help and support and signpost how this can be accessed.

#### Why does it matter?

A school which places a focus on the wellbeing of all has a positive impact on the happiness of the whole school community. This leads to

- Increased cohesion within the school community; a sense of ownership, belonging and pride in the school and the learning that happens in it.
- A happier school where children are able to learn, parents are able to support and staff are able to educate.
- Improved teaching and learning with greater cooperation and collaboration.
- Improved levels of respect and mutual trust.