

Mental Health and Well Being

Mental Health and Well-being

Happiness is key! At St Vincent's we recognise that every child has the 'right' to be happy. We also know that when children are feeling safe, happy and relaxed the best learning can take place.

We are committed to supporting the mental health and well-being of our pupils and staff. We know that everyone experiences life challenges that can leave them vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

At St Vincent's VC Academy we:

- Provide a nurturing, safe and supportive environment with clear expectations for behaviour
- Promote and foster self-esteem and self-worth and ensure children know that they are valued individuals
- Encourage children to be confident, value their uniqueness and 'push their limits'
- Help children to form and maintain positive relationships
- Help children to develop emotional resilience and to manage setbacks
- Help children to understand and manage their emotions and feelings
- Help children feel comfortable sharing any concerns or worries
- Promote the importance of being kind and working together
- Develop teamwork and a sense of community
- Involve and support parents in their child's learning and development
- Provide a comprehensive PSHE curriculum aimed at preparing children for life, helping them really know and value who they are and understand how they relate to other people in this ever-changing world

We also have a school well-being lead who works closely with staff and pupils to ensure that pupils needs are being met.

We have pupils that have been identified as needing specific support pathways. These pupils have specific plans / pupil passports to ensure that provision is carefully tailored to their needs.



The school runs several individual and small group intervention sessions to support children with their mental health and well-being on a deeper level. These are as follows:

- The DSL/Wellbeing Lead is a skilled ELSA who uses her skills to work with identified individuals that may need additional support.
- The school work closely with CAHMS and other outside agencies so that children with individual needs receive the correct level of support. This is also used to support families were needed.

To further support mental health awareness and strategies, each year the school holds a mental health week which teaches the children how to have a happy and healthy mind. This is then re-visited through-out the year when required through themed days such as well-being Wednesday and no pen or screen days.

The school are also credited members of the National Online Safety Association and regularly promote strategies for positive mental health online for not only children but for parents and carers as well.

Other examples of activities include:

Wellbeing Wednesday

Fabulous Friday

Sing Well Project

PSHE curriculum

Breakfast club – activities and sport

