

Haddenham St Mary's

Statement of Intent for Social, Emotional and Mental Health



Haddenham St Mary's is committed to supporting every child in school with their social, emotional and mental health to ensure that they can flourish and foster a readiness to learn. At HSM, it is our intent that all children will be 'lifelong learners' with the confidence and ability to develop their skills and understanding when having new experiences, meeting new challenges and finding themselves in unfamiliar situations. We believe in teamwork; working with each other, with teachers and colleagues across the school, with the wider school community and most importantly with the young children that are part of our school family. We are committed to making a difference. We use a values driven approach towards SEMH stemming from our Christian values of respect, honesty, forgiveness, love, compassion and friendship.

Mental Health Definition and Importance

'Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.'

World Health Organisation

'Our mental health is at least as important as our physical health. It strongly affects our daily lives - how they feel to us, as well as our ability to do the things we need and want to, including work, study, getting on with people and looking after ourselves and others.'

The Mental Health Foundation

What supporting Positive Mental Health means to us:

- Promoting positive mental health with the whole school community
- The child staying at the centre of every conversation
- We have a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health through the delivery of a programme of engaging and relevant PSHE
- We foster strong relationships between staff and children, and between peers, to promote wellbeing and the development of a positive attitude towards school
- Getting to know every child and their family so that we know how best to support them
- Staff wellbeing, resilience and mental health is a key focus.

Taking a coordinated approach to mental health and wellbeing through:

- Creating a safe and calm environment where mental health problems are less likely, improving the mental health of all, and equipping children to be resilient so that they can manage the normal stress of life effectively
- Identifying and recognising emerging issues as early and accurately as possible to provide Early support for children and families
- Working effectively with external agencies to provide swift access or referrals to specialist support and treatment.

How we ensure best practice:

- All staff live out and model our Christian values to all children on a daily basis, speaking and treating each other and children with respect, compassion and courtesy
- All staff understand and implement our behaviour, SEMH, attendance and safeguarding policies and protocols
- All staff read and understand section one of Keeping Young people Safe in Education
- Notes and relevant information are kept up to date
- We monitor and develop SEMH interventions as well as our PSHE curriculum to ensure that the support for all children has an impact and that the curriculum is tailored and relevant to individuals as needed
- We have a Designated Mental Health Lead who champions mental health for children, staff and parents.