

Positive Mental Health at Charing

At Charing we aim to promote positive mental health for every pupil, parent/carer and member of staff. Mental health is at the core of well-being and as an educational establishment that promotes fulfilment through learning and achievement good mental health coupled to overall well-being is central to everything we do and aspire to do. We all have mental health needs that must be met to ensure well-being; just as we all have physical needs that must be met to maintain good physical health.

One in ten children and young people will experience a mental health problem before the age of sixteen. That is three students in an average-sized class. One in four adults will experience a mental health problem in any year. Even if a young person doesn't experience mental health problems directly, the statistics above suggest he/she is likely to know someone who is affected.

At Charing we consider that a child's emotional health and well-being influences their cognitive development and learning, as well as their physical and social health. These in turn all have a significant impact on their mental well-being in adulthood so we need to get it right now.

In order to improve our work in the field of positive mental health we are teaching specific skills to pupils and staff, whilst also providing general support, to increase their awareness of emotional health and well-being. This current initiative is enabling us to work towards obtaining a recognised wellbeing award accredited by the NCB that will enable us to achieve and maintain high standards in this field.

All staff have a responsibility to promote the mental health and emotional wellbeing of pupils. Staff with a specific, relevant responsibility include:

- Mr Bird – Head Teacher and *Designated* Wellbeing Co-ordinator
- Mrs Hammond – Inclusion Manager and DSL
- Mrs Hebbes – Mental Health First Aider
- Mrs Alexander – Mental Health First Aider
- Mrs Hodson - Nurture ELSA trained Teaching Assistant

One of the most significant services we can offer for parents or young people is to ensure that they know they have someone to talk to if they are worried – whether it's about themselves or someone else. It is essential that everyone associated with the school knows not to hesitate to contact us if they feel that they or someone they know would benefit from support.

Our Vision Statement

“Our inclusive school is a place of creative learning where all talents are developed, celebrated and enjoyed. We nurture all to be curious, passionate and resilient lifelong learners. As a community, we listen to, forgive and love one another so all can be confident in who they are. Inspired by Jesus we walk beside each individual in our family by

understanding and responding to their unique needs. We have hope in all our children that they grow to be open, compassionate people of the world who stand up for what is right.”

Compassion Friendship Forgiveness Resilience Hope

The emotional health and wellbeing of Charing’s school community (including staff, parents and pupils) is fundamental to our ethos and values. We aim to embed wellbeing into every aspect of our school and we will continue to do so, involving everyone.

We are working towards a wellbeing award accredited by the NCB (National Children's Bureau) which recognises that there are four key principles that drive mental health and wellbeing in schools. These are:

- That mental health and wellbeing are a continuum.
- That as a school we experience and manage emotional issues daily
- That emotional wellbeing covers a range of dimensions, such as resilience, character building, relationships and self-esteem.
- That to create a positive school culture requires a whole school approach which engages the whole school community.

How do our vision and values support the wellbeing of all stakeholders?

The first line of our statement says, ‘Our school is an inclusive family’ and it finishes with ‘We are a creative, compassionate and confident team’, the words family and team show that our school vision is composed on the premise of collective action that is inclusive to all stakeholders not just the children. In developing our vision all stakeholders (children, staff, parents, governors and members of the community) were asked for an input into this and such an inclusive activity speaks for itself.

The concepts that we develop within our vision – respect, aspiration, curiosity, tolerance and determination – are all connected with feelings and state of mind, they are not physical objects our stakeholders can touch. At Charing, stakeholders will be supported in regularly developing these qualities with the support of the school family through everything we do and throughout all activities. We are a supportive team and strongly believe that this will be central in enhancing our stakeholder’s mental health and wider well-being. Inevitably there will be challenges that individual stakeholders will find challenging but the culture we establish will ensure that we have one another to turn to for support. This links to our value of friendship, the value where we are there to support one another and to provide a caring, safe stimulating environment in which all are set free to thrive .

Useful websites

Below are some websites that you may find useful:

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

<https://youngminds.org.uk/find-help/for-parents/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/parenting-with-a-mental-health-problem/>

<https://www.actionforchildren.org.uk/> Action for Children supports and speaks for the UK's most vulnerable and neglected children and young people.

<https://kentresiliencehub.org.uk/>