

Statement of Intent for SEMH



Mental Health Definition

“Mental health is a state of well-being in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.” (World Health Organisation, 2018)

Moral Purpose

At Wansbeck Primary School, we are passionate about making a difference to the lives of young people. 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 people in our school and their families. We act with compassion and determination. Whatever issues our students, their families, the school, our team or our community face, we always listen, support, respond and work together to move forward.

Finally, we are committed to making a difference; we are not passive players in young people’s lives but active participants who can and do make a real difference. This reflects our schools mission statement, curriculum intent statement and our core values.

Our moral purpose can therefore be summarised below -

- Positive relationships
- Compassion
- Commitment
- Respect, Resilience and Responsibility.

The HCAT Signature underpins our commitment to help develop the protective factors which build resilience to problems with mental health, and to be a school where children:

- Build character: developing virtues to enable them to flourish as individuals, achieve their potential and live meaningfully and harmoniously in the community.
- Behave restoratively: Becoming equipped with transferrable life skills that prepares them for a rapidly changing world, increases employability, gives them the ability to cope with setbacks and disappointment in a positive way and encourages them to learn for the rest of their lives.
- Are Socially and emotionally secure: Demonstrating strong foundations of skills and attitudes that enable them to participate fully in and contribute

Our Wellbeing team

- Mrs V Hird – Senior Mental Health Lead and SENCO
- Mrs D Leedham – Emotional Well-being Officer
- Miss L Kelly – Emotional Well-being Officer
- Nicola Batts - MHST worker designated to Wansbeck.

What supporting Positive Mental Health means to us:

- The child stays at the centre of every conversation.
- We prioritise those who need our help most, but we promote positive mental health with everyone and provide support for all.
- We embed social, emotional and mental health awareness across the curriculum.
- Children are taught skills to build resilience and manage everyday stressors.
- Staff wellbeing, resilience and mental health is a key focus.

Since 2014 Social, Emotional and Mental Health (SEMH) has become a category of Special Educational Needs. Children with SEMH need will receive support in school. We work closely with outside agencies including Child and Adolescents Mental Health Service (CAMHS), the Educational Psychology team, the NHS MHST and our inhouse as well as HCAT Wellbeing support team to ensure the best outcomes for our children.

Expectations of Each Other

- Notes are kept up to date.
- Have read and understood section one of Keeping Young people Safe in Education.
- Make sure you know our behaviour, SEMH, attendance and safeguarding policies and protocols.
- Attend duties to support the wider school community.
- Speak to pupils, staff and each other with courtesy, respect and understanding.

Current Provision

- Having a caring and nurturing school ethos.
- Dedicated emotional wellbeing workers who provide help and support for children and families.
- Weekly PSHE lessons and Social, Emotional and Mental Health assemblies (class and whole school). PSHE is at the centre of our curriculum. Including a bespoke PSHE curriculum for our nurture and SEMH provisions and resources bases.
- Capturing the children's views, thoughts and feelings through use of daily circles as well as using school councillors and problem solvers.
- Twice daily feelings check in and board in every class.
- Social and emotional interventions for children with additional needs.
- Working in partnership with parents and carers where there are concerns about mental health.

- Working with external agencies to provide additional support to those who need it such as the MHST.
- Daily mile – children are encouraged to partake in daily exercise, running a mile of the school field.
- Daily circles in classes
- In addition to children's wellbeing, we recognise the importance of staff mental health and wellbeing. Our staff wellbeing team are working together to ensure positive mental health is actively promoted through twice weekly staff circles and 'Wellbeing Wednesday's to promote community and a sense of belonging.