



## Solefield School

# Mental Health and Wellbeing Strategy

When we asked our parents what they most wanted for their children at school we learned their overriding priority was for their children to be happy, safe and well educated through a love of learning with hope for their future.

When we asked our students, they let us know that they would like to learn more about how to manage stress, difficult feelings, and how to know about their mental health in the same way as they are learning about their physical health.

When we asked our teachers, they let us know that they would value learning more about how they can directly influence and impact on a mentally healthier environment within which young people can work, learn and thrive.

When we asked our stakeholders, which include Governors, they fully support this evolving strategy and its policy. They let us know that they are behind a whole school approach, and this is a high priority and fundamental to any learning environment.

### **The Aims and Intentions of our Mental Health Strategy**

#### **We aim to:**

- Remain informed, inspired and influenced by national policy guidance
- Ensure a whole school approach to development and delivery of wellbeing strategies.
- Ensure a whole community contribution to development and delivery, including students and their families, stakeholders, and the local extended community.
- To hold the Mental Health Strategy as a standard agenda item on Senior Leadership Team and Governor Meetings.

#### **We will:**

- Ensure that this Mental Health Strategy and its Policies complement all other current school strategies and policies.
- Review the Mental Health Strategy annually.
- Ensure there is clear learning on our curriculum regarding emotional wellbeing and mental health across all year groups.
- Produce a summary of implemented delivery, outcome and next step developments annually.
- Ensure our Mental Health Policy connected to this strategy is available on our website.

The wellbeing policy for pupils is within our safeguarding and child protection policy on our website. The staff wellbeing policy is also on our website.

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