**Emotional Wellbeing and Mental Health at Valley**

**Our Vision Statement**

|  |
| --- |
| At Valley Primary School, we aim to promote positive mental health and wellbeing through our whole school appraoch (children, staff, parents and carers). We recognise the importance of mental health and emotional wellbeing in our lives, and value it to the same degree as physical health. Children’s mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement. We strive to support, nurture and empower our children, and their families, through the inevitable ups and downs as well as the significant life events so many face.    Our approach is underpinned by our whole school Curriculum Drivers.   ***Community:****- Children develop social relationships, support each other and seek help when they need it.  - School policies, ethos and behaviours support mental health and resilience, and are written in a way which is accessible to all members of the school community.   - We recognise the importance of Valley staff wellbeing, and endeavour to develop their skills and their own resilience through support and staff training.*  ***Ambition & Aspiration:****- Children are taught social and emotional skills and an awareness of mental health.   - They are supported to become resilient learners, who are empowered to achieve whatever they set their mind to.*  ***Our Place in History****- We recognise the role that stigma has historically played in preventing understanding and awareness of mental health issues. We therefore aim to create an open and positive culture that encourages discussion and understanding of these issues.*  We hope that Valley children today, will become rounded, caring and compassionate ambassadors and leaders of the future.    We believe that, through embedding wellbeing throughout the curriculum, we give our pupils the tools and confidence to recognise and verbalise their emotions. This enables us to detect issues early and work alongside the children to manage these before they become overwhelming.  We work in collaboration with Bromley Y to support pupils who have mental health needs and plan tailored support in these cases.  At Valley, we recognise that our work in promoting positive emotional wellbeing and mental health is ongoing and will be kept under frequent review due to everchanging society and circumstances. As part of this process, we regularly seek the views of stakeholders, as well as keeping abreast of local and national initiatives.  Our Wellbeing Ambassadors’ vision for their fellow pupils is:  ‘All the children feel happy and calm at school. They have someone to play with and have happy playtimes. They can do their best learning in class because they are ready to learn and the children care for each other. If anyone feels sad or upset they have someone to talk to, such as a trusted adult, a friend or a Peer Mediator, who can help them. |