



At The Angmering School wellbeing is at the heart of everything we do. We recognise wellbeing as a top priority for our whole school community. We believe in teamwork; working with each other, outside organisations, with the wider school community and the students and their parents/carers. We recognise that mental health is a crucial factor in overall wellbeing and can affect learning and achievement. **Our aim is for all to reach their potential; knowing how to access help when they need it.**

When mental health and wellbeing needs are identified by anyone in our school community, be that students, staff, parents or carers, our aim is to signpost access to universal and specialist support with care and without judgement. We also have a role to ensure that our whole school community is aware of what they can do to maintain positive mental health, what affects their mental health, how they can help reduce the stigma surrounding mental health, and where they can go if they need help and support.

### **What Effective Wellbeing Interventions Mean To Us**

- The individual stays at the centre of every conversation regarding their wellbeing.
- We prioritise those who need our help most and aim to intervene with all based on their level of need.
- We use evidence-based practice for all our interventions.

### **Pastoral Care and Wellbeing**

- The mental health and wellbeing of our students and staff is of the highest priority.
- Pastoral support is driven by our core values.
- We constantly develop ways to support students, parents/carers and staff.
- Our interventions are directed by evidence-based practice.
- We work with numerous external agencies to support our stakeholders.
- We recognise that early intervention is vital.
- We involve parents/carers as appropriate in the support which we put in place.
- Our interventions are assessed and evaluated

## References

“Mental wellbeing is not simply the absence of mental illness but is a broader indicator of social, emotional and physical wellness. This is influenced by the wider contexts within which a child or young person lives.

We define mental wellbeing as children and young people’s happiness, life satisfaction and positive functioning.”

*Public Health England, Measuring and monitoring children and young people’s mental wellbeing: a toolkit for schools and colleges*

“Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

*World Health Organisation 2014*

**'Ambition, Respect, Courage'**