



### **Pownall Green Primary School** **Wellbeing Statement of Intent**

#### **Vision**

As part of our school ethos to 'love learning, love life', at Pownall Green we strive to promote a positive sense of mental wellbeing for our whole school community. We aim to ensure that our staff, children and families feel happy and valued in a safe and secure environment. Pownall Green Primary is working to adopt the principles set out in Stockport's Strategy for Improving Wellbeing in Education Settings.

We define wellbeing as:

*"Mental wellbeing is about how you're feeling right now, and how well you can cope with daily life. Our wellbeing can change from moment to moment, day to day, or month to month. When our mental wellbeing is good, we are able to think positively, feel confident and act calmly."* - Extract taken from Mind.

The vision for Pownall Green is that:

- Our children / young people will be emotionally intelligent and emotionally resilient, equipped with the skills they need to grow and thrive.
- Our children / young people will know when and where to go for support when faced with challenges and will be able to access that support when it is needed.
- Our children will be supported to lead happy, healthy and fulfilling lives.
- Our parents and carers will be given the skills and knowledge to understand and respond to the difficulties children / young people face and we will ensure that information, advice and support is readily available to them.
- Our staff team will be supported to protect and improve their own emotional wellbeing and will be equipped to identify and respond to low levels of emotional wellbeing in young people, parents and carers and fellow staff members.

#### **Key principles**

We firmly believe that if our mental wellbeing is good, this allows our whole school community to have more 'good days at school.' If you have a positive sense of mental wellbeing, you are able to:

- Feel relatively confident in yourself
- Feel and safely express a range of emotions
- Cope with the stresses of daily life and manage times of change and uncertainty
- Be happy and confident and not anxious or depressed
- Live and work productively – that is having the ability to problem-solve, manage emotions, experience empathy, being resilient and attentive
- Have good relationships with others and not having behavioural problems – that is, not being disruptive, violent or a bully.

Wellbeing also includes:

- Having a sense of meaning or purpose
- Being successful / having a sense of achievement
- Having a sense of control
- Giving and receiving attention and being validated



### **Aims and objectives**

At Pownall Green, we acknowledge that feelings and emotions change for different individuals at different times and we welcome all feelings at our school. We are committed to promoting the wellbeing of all staff and pupils. We believe that if our staff feel happy and healthy, then they are able to provide the very best education to our pupils. Children's mental health is a crucial factor in their overall sense of wellbeing and can impact on their learning and achievement accordingly.

As a school, we are committed to developing the protective factors which build resilience to problems with mental wellbeing. We support both our staff and pupils to have more 'good days at school.' Some of the ways in which we promote emotional health and mental wellbeing are:

- We prioritise building positive relationships with one another to ensure a positive sense of wellbeing for all. This is based on the relationships based philosophy of Restorative Approaches.
- We use body mapping and the 'Zones of Regulation' to teach our pupils the language and knowledge to understand and regulate the normal range of emotions that everyone experiences
- We promote the 'Five Ways to Wellbeing' as steps for staff and children to take to improve their own mental wellbeing
- Through our PSHE programme of study, we teach our children to understand the difference between appropriate and inappropriate relationships and the impact this can have on our mental health and wellbeing
- We explore the link between physical health and its contribution to positive mental wellbeing
- Through our conversations about mental health and wellbeing, we reduce the stigma attached to health issues, in particular those to do with mental wellbeing
- We provide pupils with the information that they need to make good decisions about their own health and wellbeing

**Wellbeing** is not just the absence of mental health problems. We want to support our staff and pupils to:

- Speak openly about their feelings and emotions
- Have opportunities to connect meaningfully with one another
- Manage times of stress and be able to deal with change
- Know how and where they can seek additional support with their mental health

*This Intent Statement sits alongside our Social, Emotional and Mental Health and Wellbeing Policy.*