

Emotional Health and Resilience Charter

Vision: As a school, we recognise that our children have to thrive emotionally before they can thrive academically and achieve.

Our school is committed to:

- Having an inclusive ethos and culture which promotes emotional wellbeing
- Recognising our strengths and weaknesses in the area of emotional health and identifying development opportunities with partner agencies
- Having knowledge and understanding of local support services and how to refer
- Working alongside support services and assisting them to support children in our school in an appropriate environment
- Measuring wellbeing of our staff and children through using nationally recognised measures/toolkit
- Providing opportunities for children to develop responsibility, build confidence and self-esteem
- Knowing what emotional health training and resources are available nationally/locally
- Promoting the willingness to talk and build positive relationships
- Engaging and responding to 'The Child's Voice'
- Having arrangements in place in order to support transition, coping with change and loss
- Listening to children when they have concerns or worries
- Teaching social/emotional skills and how to manage and express feelings
- Teaching strategies to build and maintain emotional wellbeing and resilience
- Enabling staff to be positive and resilient role models by supporting them to maintain their own emotional health and wellbeing
- Ensuring staff have access to training in awareness of emotional health and resilience
- Providing appropriate emotional health and resilience resources to support staff and children
- Offering opportunities for parents to engage and access information, learning and advice around emotional and mental health of their children and how they can help.

School:

Glade Hill
Primary & Nursery School

Signed:

Date:

18th December 2018