

Statement of intent mental health and wellbeing.

Definition of mental health: **Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community**

(World Health Organisation 2022)

Our school values are:

Kindness

Positivity

Belonging

We are passionate about the mental health and wellbeing of all of the school community focusing particularly on our students. Our core values working in line with all areas of the school are essential in making a positive impact to the lives and emotional wellbeing of our children. Our school values support mental health in the following ways:

Kindness: At The John of Gaunt School we nurture, recognise and celebrate the important quality of being generous, helpful, and caring towards other people that is essential in our society today.

Positivity: Being optimistic in attitude is crucial for any person to be successful at any stage of their life. We believe that positivity breeds positivity, and so we foster this trait in all members of our school.

Belonging: Our intention is for all our staff and students to be happy and comfortable within our community at The John of Gaunt School. We want every member to feel welcome and accepted so that they can flourish.

Whole school curriculum intent.

High expectations of students and staff are central to the ethos and culture at The John of Gaunt School (JOG). It is our conviction that students can achieve personal excellence regardless of their starting point, and our approach to teaching and learning hinges on raising our students' confidence and aspirations.

Areas of focus.

- Self-reflection
- Proactivity
- Resilience
- Early intervention

Self-reflection.

We want to support our students in actively 'weather checking' their emotional state on a daily basis.

Proactivity.

If a young person is aware of how they are feeling and are able to articulate their needs they will be able to seek appropriate help proactively when needed.

Resilience.

Our current cohort of young people have experienced disruption to their learning and as a result some feel less able to cope when they are presented with challenges. We aim to educate and support students in knowing what skills and qualities are attributed to them being resilient, including what does resilience look like and how can you be resilient?

Early intervention.

The goal of the previous areas of focus should allow staff, students and families to identify when early intervention will have the most impact and effectiveness.