



Emotional Wellbeing and Mental Health Strategy 2017/18



St Austin's aims to be a school for the whole community; where everyone feels safe, valued and respected. As a team, we take collective responsibility for promoting and protecting the emotional wellbeing and mental health of our school community.

Everyone associated with our school will feel confident and encouraged to speak about emotional wellbeing and mental health. We aim to be proactive in helping all pupils, parents and staff to achieve their personal best and build their emotional, social, mental and physical wellbeing.

What we will aim to do:

- Increase pupil participation in emotional wellbeing and mental health provision across the school.
- Provide pupils with a holistic package of wellbeing training.
- Promote a healthy lifestyle as a way of increasing wellbeing and improving mental health.
- Train all staff in the monitoring, delivery and promotion of positive wellbeing and mental health.
- Promote a positive work-life balance for all staff.
- Raise awareness of emotional wellbeing and mental health across the school community.
- Increase engagement of all groups with the school's approach to emotional wellbeing and mental health.