

## Mental Health and Wellbeing statement

At Trinity Croft, we are passionate about the Mental Health and wellbeing of all school members, including students, parents/carers and staff. We feel it is fundamental to our philosophy and ethos whereby valuing everyone, caring for each other and working in partnership helps to create a determination to achieve excellence and a sense of belonging.

We believe that having a mentally healthy community is not about being happy all the time but about working together in partnership to create a supportive network through challenging times and through celebrating our successes.

What we believe mental health and wellbeing looks like at Trinity Croft:

- The Child is always at the centre of all conversations
- The Child's voice matters
- Our children and families are listened to
- As a staff, we are flexible and are able to adapt to the varying needs of our children
- A warm welcome into school each and every morning
- Celebrating our successes both academic and non-academic

Our aims to support mental health and wellbeing at Trinity Croft:

- All staff and pupils to have a clear understanding of mental health and wellbeing, embedding a culture of resilience, acceptance and understanding.
- To remove any stigma attached to mental health
- To keep promoting communication within our school, so our children are comfortable and able to express their feelings e.g through Collective Worship, School Council, Worship Council and our PSHE programme
- Promoting our school values and encouraging a sense of belonging
- Providing opportunities to reflect
- Working in partnership with numerous external agencies to support our families
- Recognising that early intervention is vital