



IncludEd Learning Mental Health and Wellbeing Statement

INTENT

- Identifying areas of risk to physical and mental health so that they can be minimised and managed appropriately.
- Promoting a culture of care and concern in our school community, which demands that everybody accepts responsibility for their own and others' wellbeing.
- Promoting a culture of open conversation so we talk about our wellbeing and mental health having our mates in mind and make support available when employees may be struggling.
- Providing a comprehensive training offer aimed at providing people with tools for managing their total wellbeing, including mental health.
- Putting in place a system of management practice and controls, which enables employees to enjoy a healthy work-life balance, whilst recognising the impact of personal choice and lifestyle.
- Ensuring the promotion and maintenance of the highest degree of physical, mental and social wellbeing.
- Making sure working environments are healthy, safe, secure and suitable.

IMPLEMENTATION

- Ensuring pupils have regular access to specialist provision, E.g. music, art and sport, shows the importance placed on the wider curriculum in our curriculum.
- Ensuring pupils have regular opportunities to take part in learning beyond the classroom shows the importance placed on the wider

curriculum in our curriculum. trips, residential.

- Pupils access PSHE sessions, Mentoring sessions and Emotional Wellbeing and Confidence sessions. This enables open and free discussions around key issues.
- Ensuring mental health problems are identified early and appropriate support provided.
- All staff know the importance of mental health awareness and are have been trained as Mental Health First Aiders and/or Mental Health Champions. This also includes adult Mental Health.
- We have a wellbeing lead who ensures that there are regular opportunities for staff to enjoy a range of activities.
- The Computer Science and IT curriculum provides pupils with modern skills within technology including e-safety awareness.
- The school has an anti-bullying charter which our School Council helped to write.
- We have comprehensive safeguarding procedures in place. Our safeguarding teams details are displayed around the school and pupils are aware of who they can go to if they have any concerns.

IMPACT

- Pupils and their adults have mutual trust, respect and support from the school.
- Pupils feel safe and like coming to school.
- Pupils at IncludEd Learning are engaged in their learning.
- Lunchtime behaviour incidents have reduced due to positive engagement.
- Pupils are developing their knowledge and understanding of the rich, cultural heritage of modern Britain.
- During Mental Health Week, we raise awareness of Mental Health.
- A recent parent survey shows that communication between the school and parents/carers improved and they feel listened to. They are demonstrating a greater involvement in the school community.
- Pupil questionnaires demonstrate pupils feel safe and well cared for in school. They identify who can help them and who they can

talk to.