

Herne Bay Junior School Mental Health and Emotional Wellbeing Statement

The emotional health and wellbeing of all members of Herne Bay Junior School (staff, students and parents) is fundamental to our philosophy and ethos.

Mentally healthy children are more successful in school life.

Good mental health is critical to children's success in school and life. Promoting the health and wellbeing of pupils within school has the potential to improve their educational outcomes and their health and wellbeing

Promoting positive emotional health and wellbeing:

The culture at Herne Bay Junior School promotes pupils' positive emotional health and wellbeing and avoids stigma by:

- Having a whole-school approach to promoting positive emotional health and wellbeing within an ethos of high expectations and constant support.
- Having a committed staff community that sets a whole school culture of positive emotional health and wellbeing, support and value
- Having a robust regime of continuing professional development (CPD) for staff.
- Regular parent training related to and understanding Mental health.
- Having a pupil group of trained Peer Mentors.
- Developing a 'safe Space' in school for all children to be able to access.
- Working closely with pupils, parents and carers.
- Whole school promotion of building individual resilience through the curriculum.
- In-house pupil counsellor for children to access.