

MENTAL HEALTH & EMOTIONAL WELLBEING

Resilience

At St. Andrews we strive to provide a safe and stable environment. The skills, knowledge and understanding needed by our pupils to keep themselves physically, emotionally, and mentally healthy and safe are included as part of our PSHE curriculum. Alongside PSHE, our intention is to build **resilience** through a cross curricular curriculum. We provide opportunities to solve problems, boost confidence, increase self-esteem, and face challenge. Mental Health and Emotional Wellbeing teaching and learning is woven throughout our curriculum.

Each of our classrooms, and our school library, has an Area of Self-Regulation. These are dedicated check-in areas with resources to support children's understanding of their feelings, e.g., emotion eggs, emotion beanbags, emotion stones, puppets, mirrors, fiddle toys, MHEW books. We support and teach our pupils to name, recognise, monitor, and regulate their emotions.

We endeavour to ensure that every child experiences:

- A sense of belonging - where all members of our school community feel listened to, cared for, respected, valued, motivated, enthusiastic, energetic, and invested in.
- Positive learning opportunities - to include academic learning and learning about self-awareness, coping strategies, mindfulness, self-care, positive relationships, **relationships are key** - (adult to adult, adult to peer, peer to adult, peer to peer), and purpose.
- A feeling of trust in each other. **Trust is key.**
- A culture of acceptance, through knowledge, belief, and behaviours.
- A sense of achievement. Children understand it is OK to make mistakes. Children know that they can learn from their mistakes. Members of staff hold high, and realistic, expectations of every child.