



# Holy Cross Catholic Primary School

## Intent Statement for Social, Emotional and Mental Health (SEMH)

### **Moral Purpose**

Holy Cross Catholic Primary School SEMH Team is passionate about making a difference to the lives of young people. We believe in teamwork; working with each other, with teachers and colleagues across the school, with the wider school community and most importantly with the young people in our school. We act with determination. Whatever issues our pupils, their families, the school, our team or the community face, we always support, react and pull together. Finally, we are committed to making a difference; we are not passive players in young people's lives but active participants who can and do make a real difference. These are a reflection of our school ethos and reflect our mission statement 'We care, we share, we value'. We act with moral purpose for the good of all our pupils.

### **Mental Health Definition**

*"Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community."*

*World Health Organisation, 2018*

### **What supporting Positive Mental Health means to us:**

- The child stays at the centre of every conversation.
- We prioritise those who need our help most, but we promote positive mental health with everyone.
- We embedded social, emotional and mental health awareness across the curriculum
- Children and young people are taught skills to build resilience and manage everyday stressors
- Staff wellbeing, resilience and mental health is a key focus

- We ensure that our interventions are chosen through researching the best available, current, valid and relevant evidence.

#### **How we ensure best practice:**

- Up to date policies, a graduated approach and clear referral pathways.
- Creating a safe and calm environment where mental health problems are less likely, improving the mental health and wellbeing of the whole school population, and equipping pupils and students to be resilient so that they can manage the normal stress of life effectively. This will include teaching pupils and students about mental wellbeing through the curriculum and reinforcing this teaching through school activities and ethos.
- Recognising emerging issues as early and accurately as possible.
- Helping pupils and students to access evidence informed early support and interventions.
- Access to specialist support: working effectively with external agencies to provide swift access or referrals to specialist support and treatment.
- Effective communication between pupils, staff, parents and specialists.
- Staff understand their responsibilities under Keeping Young people Safe in Education.
- Staff know our behaviour, SEMH, attendance and safeguarding policies and protocols.
- The wider school community has an active voice about SEMH.
- We monitor SEMH interventions and adjust where necessary
- All staff have training to effectively support student SEMH
- Speaking to each other with courtesy, respect and empathy.