

# Priority: A focus on pupils' mental health and wellbeing ensures that they are supported and their social and emotional needs are met.

## Why is this a priority?

Some children find it difficult to access all aspects of school and to understand all the things that are going on in their lives. It is essential that we provide support for these children when they need it. This may well be especially important after the absence from school due to COVID-19.

## Five Ways to Wellbeing

Connect      Take Notice      Give  
Keep Learning      Be Active  
We have introduced Five Ways to Wellbeing to give children a shared language and understanding about mental health across the school.

## Online Safety

We aim to develop the role of Digital Leaders with a key aspect of this role being to empower other students to stay safe online.

## Pastoral Support

Additional PSHE opportunities for all pupils on their return to school as well as additional pastoral support will ensure that all pupils who need it will be supported with their social and emotional needs.

## Healthy Lifestyles

We provide children with a range of opportunities to be active throughout the school day.  
We ensure that children understand what constitutes healthy lifestyle choices (including diet and exercise).

## Staff Training

We are dedicating two INSET days to children's mental health and wellbeing to ensure that there is a shared understanding and expertise about how best to support this and to ensure that this is embedded in our ethos across the school.

## What impact will this have?

Pupil mental health and wellbeing are supported.  
Children's social and emotional needs are met.

A whole-school approach ensures children have a shared language and understanding about mental health and wellbeing.

High-quality pastoral support empowers all children to be confident, resilient and responsible.

Children know how to be physically healthy and maintain an active lifestyle.  
Children understand how to be responsible and respectful citizens including keeping themselves safe online.