



The [World Health Organization](#) definition of mental health:

"Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

### Our Vision Statement

Our vision at Seaton House School is to provide a positive, nurturing environment, which supports the wellbeing of all pupils. We recognise that mental health and wellbeing are a continuum and supporting wellbeing is the responsibility of all staff.

At Seaton House School, we aim to promote positive mental health and wellbeing for our whole school community (children, staff, parents and carers), and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health. We recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement.

All children face challenges during their school career and some face significant life events. We have a role to ensure that children learn about what they can do to maintain positive mental health, supporting the development of resilience, understand what affects their mental health, how they can help reduce the stigma surrounding mental health issues, and where they can go if they need help and support.

Information and support:

[https://www.bbc.co.uk/bitesize/articles/zy3yf82?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=mental-health](https://www.bbc.co.uk/bitesize/articles/zy3yf82?utm_source=google&utm_medium=cpc&utm_campaign=mental-health)

<https://www.youngminds.org.uk/parent/>

Wellbeing through art: <https://www.place2be.org.uk/our-services/parents-and-carers/wellbeing-resources-for-families/activities-from-the-art-room/>

### ELSA

Our ELSA room is open daily at lunchtime (Forms 1-6). Please remind your child that they are able to come to the ELSA room (12.40-1.10) to talk to an adult, if they have any worries. Parents can also contact the ELSA's directly using the following email: [elsa@seatonhouse.sutton.sch.uk](mailto:elsa@seatonhouse.sutton.sch.uk)



## The Wellbeing Award for Schools

Over the last 15 months, we have been reviewing and developing our provision for mental health and wellbeing. As part of this process, we are taking part in the Well-being Award for Schools.

The Wellbeing Award for Schools (WAS) has eight objectives, which focus on areas of evaluation, development and celebration of the work of schools in promoting and protecting emotional well-being and positive mental health.

**Objective 1:** The school is committed to promoting and protecting positive emotional well-being and mental health by achieving the Well-being Award for Schools.

**Objective 2:** The school has a clear vision and strategy for promoting and protecting emotional well-being and mental health, which is communicated to all involved with the school.

**Objective 3:** The school has a positive culture which regards the emotional well-being and mental health as the responsibility of all.

**Objective 4:** The school actively promotes staff emotional well-being and mental health.

**Objective 5:** The school prioritises professional learning and staff development on emotional well-being and mental health.

**Objective 6:** The school understands the different types of emotional and mental health needs across the whole-school community and has systems in place to respond appropriately.

**Objective 7:** The school actively seeks the ongoing participation of the whole-school community in its approach to emotional well-being and mental health.

**Objective 8:** The school works in partnerships with other schools, agencies and available specialist services to support emotional well-being and mental health.

Supporting wellbeing requires a whole school approach and commitment from all stakeholders. At school we have a staff wellbeing team and Pupil Wellbeing Champions in each Form (1-6). We also have a wellbeing governor. Over the last 15 months we have sent out information and provided support and resources via the newsletter, emails and google classroom. However, we would like to ensure we also include parent views and ideas within our ongoing developments. Therefore, we will be including wellbeing as an agenda item during our termly meetings with Form Representatives. Parents are also encouraged to email the ELSA email or [sarahm@seatonhouse.sutton.sch.uk](mailto:sarahm@seatonhouse.sutton.sch.uk) if they have any questions, concerns or ideas regarding mental health and wellbeing, and how this could be supported further.

Thank you for your ongoing support.