

# Wellbeing Corner

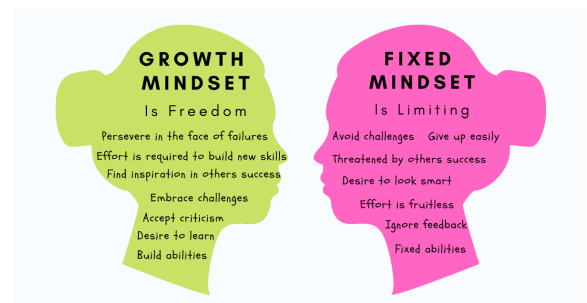
## Our Vision Statement

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.

A Growth Mindset helps you to see challenges as learning opportunities, recognise that failure is part of the learning process and we have the capability, through hard work, to achieve. Having a Growth Mindset creates a love of learning and a resilience that is essential for great accomplishment. ( Dweck, 2015)



## Information and support:

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

## Growth Mindset:

<https://www.mindsetworks.com/parents/growth-mindset-parenting#:~:text=One%20of%20the%20best%20ways,part%20of%20the%20learning%20process.>

<https://www.youtube.com/watch?v=zH9cGGDAwxk>

## 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)

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