









Mental Health & Wellbeing Team



“Mental health is about our feelings, our thinking, our emotions and our mood. Looking after our mental health is just as important as looking after our physical health.”

Anna Freud – National Centre for Children and Families

<p>Anthony Beckett</p> <p>Lead DSL Mental Health Lead Senior Assistant Head Teacher</p> <p>Mental Health First Aider</p>		<p>Lauren Evitts</p> <p>Deputy DSL Safeguarding Officer</p> <p>Mental Health First Aider</p>	
<p>Sarah Scovell</p> <p>Higher Level Teaching Assistant</p> <p>Mental Health First Aider</p>		<p>Keri Heaton</p> <p>Senior Lay Chaplain</p> <p>Mental Health First Aider</p>	
<p>Dominic Kerr</p> <p>Deputy DSL Head of Emmaus Centre</p> <p>Qualified Counsellor</p>		<p>Emma Buckle</p> <p>Deputy DSL Assistant Headteacher Responsible for staff wellbeing</p> <p>Mental Health First Aider Staff wellbeing</p>	

At Cardinal Wiseman Catholic School, we aim to promote good mental health and wellbeing for our whole community: students, staff, parents and carers.

We aim to develop protective factors by being a community in which all:

- are respected
- have a sense of belonging and feel safe
- are able to talk openly with trusted adults
- see good mental health as something to be valued and nurtured