

St Clare's mission for mental health

At St Clare's, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is important for everyone and that we all have a role to play.

At our school we:

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
 - help children socially to form and maintain relationships
- promote self-esteem and ensure children know that they count
 - encourage children to be confident and 'dare to be different'
- help children to develop emotional resilience and to manage setbacks

Vision for mental health

Our vision is based upon developing each member of our school community so everyone reaches their full potential in the light of Christ's teachings and the values in the Gospels. Together as a school community, we ensure that wellbeing, mental health and wellness are a key priority in reaching our full potential as God intended.

Together as a community we *walk in the light of Christ*.

Core Values

St Clare's Catholic Primary and its community leads by example by treating everyone as if they are Jesus. We follow in Jesus' footsteps by using the gifts that were given to us by God. We believe that all children are entitled to develop to their fullest potential academically, socially and emotionally, enabling each child to grow in confidence and be able to fully participate in our school and the wider community. We recognise that there are many factors affecting achievement, including ability and emotional state, that can affect children's learning. Staff health and wellbeing is also a priority; it is essential that we help protect and promote the emotional health and wellbeing of each and every member of the school community. At St. Clare's we understand the need for a nurturing, calm and safe environment. We use the Fruits of the Holy Spirit to guide us in spreading the gospel message each day and underpin our school ethos.

Love

Joy

Peace

Patience

Kindness

Goodness

Faithfulness

Gentleness

Self-control