



ST THOMAS MORE CATHOLIC PRIMARY SCHOOL



MENTAL HEALTH STATEMENT

Mental health issues affect children and young people as well as adults, with more than 850,000 children and young people in the UK having a diagnosis of a mental health condition.

We acknowledge that, whilst we have unique perspectives, positive mental health and wellbeing is paramount and is intrinsic to our lives.

We believe having a mentally healthy community is not about being happy all the time, but about working together through the challenges and sharing the celebrations; feeling supported, heard, accepted, valued and empowered.

What we believe Mental Health and Wellbeing looks like for our St Thomas More School Community:

- *St Thomas More School Community is responsive and flexible to everybody's needs*
- *We feel safe and are able to express how we feel without feeling judged. We acknowledge that a 'voice' comes in many forms, not just spoken, and we seek to understand each other*
- *We are able to seek help and receive and use strategies when feeling and experiencing difficult emotions*
- *We know there is a spectrum of emotions and mental health, and that this can change at different times and in different situations*
- *We acknowledge that mental health and wellbeing is a shared experience; sometimes we are the ones who need shelter and at other times we are the ones holding the umbrella*

Catholic Social Teaching Principles

Embedded into our ethos and practice are the Catholic Social Teaching principles. At the core of Catholic Social Teaching are a number of key concepts and principles. Chief among these are justice, human dignity, the common good, the principles of participation, solidarity, and subsidiarity, the universal destination of the world's goods, and the option for the poor.

We help our children to:

- *Build emotional resilience*
- *Develop self-esteem*
- *Develop confidence*
- *Develop their social skills*
- *Recognise their worth and become active citizens*