



## Ottershaw Christ Church C of E Infant and Junior Schools

*“Mental health is a state of well-being in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.” (World Health Organisation. 2018)*

*“Pupils thrive in this welcoming and nurturing school. Close relationships and care are at the heart of everything. The inclusive culture is palpable... Pupils feel safe... Ottershaw Christ Church Church of England Infant School is a very special place for pupils to start their educational journey.” (Ofsted, October 2024)*

**At Ottershaw Christ Church CofE Infant & Junior Schools 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 and nurtured
- have a sense of belonging and feel safe
- know they are able to talk openly with trusted adults
- see good mental health as something to be valued and nurtured

**We want all members of our community to:**

- feel confident in themselves
- be able to express a range of emotions appropriately
- feel respected and welcomed
- be able to make and maintain positive relationships with others
- develop inner strength and resilience
- manage times of stress and deal with change
- thrive and achieve

**We aim to achieve this through:**

- offering rich opportunities to live out our schools' mission statement "...living life in all its fullness..." John 10:10 - 11
- our Learning for Life (PSHE) curriculum
- following the principles of a Nurturing School
- ensuring 'time-in' is valued and this time is ring-fenced within the school day.
- ensuring pupils have a voice
- working in partnership with parents/carers where there are concerns about mental health
- signposting to sources of external help and advice
- making referrals/working with external agencies to provide additional support to those who need it
- recognising the importance of staff mental health and wellbeing
- modelling healthy attitudes and habits
- A strong culture of 'community and belonging'
- Nurture Groups, Drawing for Talking, ELSA intervention

**We are not able or qualified to offer:**

- counselling
- testing and diagnosis of mental health conditions
- specialist therapies