



OLCHFA

Emotional Health and Wellbeing Statement

Supporting children and young people

At Olchfa, we care about the emotional health and wellbeing of all members of our school community. Your emotional health affects how you feel, think and act. Your emotional health can change on a daily basis and over time, and can be affected by a range of factors. It's important to look after your emotional health, as you would look after your physical health. Your state of wellbeing affects how you cope with stress, relate to others and make choices. It also plays a part in your relationships with your family, community, colleagues and friends.

We believe that when children and young people have good levels of wellbeing it helps them to:

- learn and explore the world
- feel, express and manage positive and negative emotions
- form and maintain good relationships with others
- cope with, and manage, change, setbacks and uncertainty
- develop and thrive

When children and young people look after their emotional health and develop their coping skills it can help them to boost their resilience, self-esteem and confidence. It can also help them learn to manage their emotions, feel calm, and engage positively with their education - which can, in turn, improve their academic attainment.

At Olchfa, we believe in promoting and supporting pupils' emotional health and wellbeing.

Our pupils spend a significant amount of time in school and with their teachers, which means that we are in a good position to identify a child who may be struggling, and help refer them to get the support they need.

We also help our pupils to develop social and emotional skills, providing them with the coping skills and tools they need to understand and manage their thoughts, feelings, behaviour, goals and relationships.

Health and Wellbeing is one of six learning areas in Olchfa. At KS3 pupils are taught by specialist teachers as part of their iThrive experience where they learn about topics including healthy eating and positive relationships. In addition, pupils also access PSE sessions, sometimes delivered via an external speaker programme, in their tutor groups. Health and wellbeing is reinforced throughout the curriculum and the time that the child or young person is in school.



Supporting staff wellbeing

At Olchfa we believe and recognise that our staff are our most important resource and all are valued, supported and encouraged to develop personally and professionally within a caring, purposeful learning community.

We recognise that there is a direct correlation between the wellbeing of our staff and the wellbeing of our pupils, and that the culture and ethos of a school is determined by the extent to which staff work towards a shared vision.

We believe that it is essential that all staff feel valued as a team member, have the opportunity to express their views and are supported to manage their workload within a culture that supports a healthy work-life balance. We embrace the many school practices that support staff health and wellbeing, to minimise the harmful effects of stress and ensure that there is cohesion in working towards health and well-being for all staff. Our *Staff Emotional Health and Wellbeing Policy* outlines the ways in which we commit to maintaining staff wellbeing and it recognises that each individual member of staff and their circumstances are different but provides an overview of the basis on which everyone can contribute and expect to be treated.