



## **Pupil Emotional Health and Wellbeing Statement**

At Olchfa, we care about how you feel and want to help you be happy and healthy.

Your emotions can change a lot and can be influenced by many things, like what's happening at home or at school. It's important to take care of your emotional health, just like you take care of your physical health. When you feel good emotionally, it can help you learn, make friends, deal with tough situations, and do well in school.

We want to help you learn how to manage your feelings and build your confidence, so you can feel your best. At Olchfa, we have teachers who can help you with this, and we have classes where you can learn more about how to be healthy and happy. We want you to know that we're here for you and we care about your emotional health and wellbeing.

If you would like to find out more about emotional health and wellbeing support at Olchfa, follow the link to the [Pupil Wellbeing](#) section of our school website.