

Victoria Primary School

Mental Health and Wellbeing Statement



Date: September 2025

Review Date: September 2028

Mental Health and Wellbeing Statement

Victoria Primary School

At Victoria Primary School, we are committed to promoting positive mental health and emotional wellbeing for all members of our school community. We recognise that children's mental health is fundamental to their overall wellbeing, social development, and ability to learn. We believe that every child has the right to feel safe, valued, supported, and listened to.

We aim to create a nurturing, inclusive, and respectful environment where positive mental health is actively promoted, problems are identified early, and appropriate support is provided. Mental health and wellbeing are embedded throughout school life, including within our curriculum, school ethos, behaviour approach, and safeguarding practices.

OUR AIMS

At Victoria Primary School, our mental health and wellbeing provision aims to:

- Promote positive mental health and emotional wellbeing for all pupils and staff.
- Create a school culture where children feel confident to express their thoughts, feelings, and concerns.
- Help pupils to understand emotions, develop self-regulation, build resilience, and form healthy relationships.
- Identify pupils who may be experiencing mental health difficulties at the earliest opportunity.
- Provide appropriate support, interventions, and reasonable adjustments to meet individual needs.
- Work in partnership with parents/carers and external agencies to ensure effective support.
- Reduce stigma surrounding mental health and encourage help-seeking behaviours.

OUR APPROACH

We take a whole-school approach to mental health and wellbeing by:

- Providing a broad and balanced curriculum that includes PSHE, relationships education, emotional literacy, and opportunities to discuss mental health in an age-appropriate way.
- Promoting a positive school climate built on kindness, respect, inclusion, and clear expectations for behaviour.
- Ensuring pupils have trusted adults they can talk to and know how to access help.
- Supporting staff through training so they can recognise early signs of mental health difficulties and respond appropriately.
- Using nurture-based approaches, targeted interventions, and pastoral support to meet pupils' needs.
- Maintaining clear procedures for safeguarding, referrals, and working with outside professionals.

SUPPORTING PUPILS

We recognise that children may experience a wide range of challenges, including anxiety, low mood, friendship difficulties, bereavement, trauma, or family changes. Support at Victoria Primary School may include:

- Universal wellbeing support for all pupils.
- Small group or one-to-one emotional wellbeing interventions.
- Pastoral support from trained staff.
- Reasonable adjustments within the classroom.
- Liaison with parents/carers.
- Referrals to external services where appropriate.

All concerns are taken seriously, handled sensitively, and managed in line with our safeguarding and child protection procedures.

WORKING WITH PARENTS AND CARERS

We believe that strong partnerships with parents and carers are essential. We aim to:

- Communicate openly and respectfully.
- Share concerns at an early stage.
- Offer guidance and signposting to support services.
- Involve families in planning and reviewing support for their child.

COMMITMENT

All staff at Victoria Primary School share responsibility for promoting positive mental health and wellbeing. We are committed to ongoing development of our provision and to ensuring that every child knows they are supported, valued, and able to flourish both emotionally and academically.