



Social, Emotional and Mental Health (SEMH) Statement of Intent

“Mental health is a state of well-being in which an individual realizes 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

Moral Purpose

At Pate’s Grammar School, the positive mental health and wellbeing of all our students is paramount.

We recognise that a student’s emotional and mental health is a central factor in their overall wellbeing and can influence their cognitive development and learning¹, as well as their physical, social and mental wellbeing in adulthood²³.

At Pate’s, we aim to:

- Establish a proactive culture of wellbeing and mental health.
- Foster students’ resilience and develop their range of strategies to cope with challenges in education and in their future lives.
- Establish an environment of openness and kindness, which reflects our core values, built on a culture of safeguarding, positive relationships, respect, and belonging.
- Prioritise and actively promote positive mental health and wellbeing for our whole community, identifying problems early and providing support.

The school’s Mental Health and Wellbeing curriculum reflects these aims and our core values of:

‘Supporting Each Other’

- We believe in supporting each other; working together with teachers, the wider school community, parents and, most importantly, with the young people in our school.

‘Embracing Challenge’

- We act with determination. Whatever issues our students, their families, the school, our team or the community face, we always support them and pull together.

‘Shaping the Future’

- We are committed to making a difference; we are not passive players in young people’s lives but active participants who can and do make a real difference.

We pursue these aims using both whole school approaches and more specialised, targeted approaches aimed at students who may be more vulnerable or in need.

¹ Durlak JA et al (2011) ‘The impact of enhancing students’ social and emotional learning: A meta-analysis of school-based universal interventions’ *Child development* 2011: Volume 82, issue 1, pages 405-432

² Department of Health (2013) ‘Annual report of the chief medical officer: public mental health priorities: investing in the evidence’

³ NICE (2009) ‘Social and emotional wellbeing in secondary education’ London.

We have a highly trained Pastoral Team who lead on evidence-based practice for all our interventions, this includes our Designated Safeguarding Lead, Mr Jones (Deputy Head), our Senior Mental Health Lead, Mr Nicholas (Head of Sixth Form), our Head of PDC, Mrs Adams-Morgan, our SENDCo, Ms Elcome, alongside our Heads of Years and the wider Pastoral Team.

What supporting Positive Mental Health means to us:

- The child stays at the centre of every conversation.
- Staff wellbeing, resilience and mental health is a key focus for the school.
- We prioritise those who need our help most, but we promote positive mental health with everyone.
- We alert staff to early warning signs of mental ill health.
- We embed social, emotional, and mental health awareness across the Personal Development curriculum.
- Children and young people are taught skills to build resilience and manage everyday stressors.
- We try to create an environment where it is commonplace to be open and talk about mental health.

How we ensure best practice:

- Staff read and understand Part One of Keeping Children Safe in Education⁴.
- Staff know and understand our Behaviour, Mental Health, Attendance and Safeguarding policies and protocols.
- The wider school community has an active voice about Mental Health and Wellbeing.
- Notes are kept up to date via CPOMS and shared with appropriate staff.
- We monitor Mental Health interventions and adjust where necessary.
- All staff have training and the option of supervision to effectively support student mental health and wellbeing.
- We promote kindness and speak to each other to each other with courtesy, respect, and empathy.
- We engage with the wider community, including include Mental Health professionals, charities, local businesses, and others.

⁴https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1101457/KCSIE_2022_Part_One.pdf