



Templenewsam Halton Primary School

Curriculum Intent statement - PSHE Mental Health

"Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

(World Health Organisation 2014).

At Templenewsam Halton Primary School we are committed to promoting positive mental health and wellbeing for our whole school community (children, staff, parents and carers). We recognise how important mental health and emotional wellbeing are to our lives, in just the same way as physical health. Children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement. It includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through to adulthood.

All children go through ups and downs during their time at school and some face significant life events. We support our children through this.

A mentally healthy school is one that adopts a whole-school approach to mental health and wellbeing. This involves everyone working together and being committed, with effective communication between all stakeholders.

