

MENTAL HEALTH AND WELLBEING MISSION STATEMENT

Mental Health and Wellbeing at Maplewell Hall School

For us at Maplewell Hall School Mental Health and Wellbeing means having good overall health including good inner and outer physical health, being able to regulate our emotions and having emotional resilience.

At Maplewell we believe that mental health and wellbeing is vital for people of all ages to thrive in, and contribute positively to, their communities.

We acknowledge that the challenges facing parents, staff, children and young people within a SEN setting are different and potentially more complex than in mainstream schools, and we are committed to supporting the mental health and wellbeing of all these stakeholders.

We believe having a mentally healthy community is not about being happy all the time, but about working together to build our capacity to meet life's challenges; celebrating successes together; feeling supported, heard, accepted, valued and empowered; and developing the skills, knowledge, understanding and values to be able to maintain our mental health and wellbeing when we leave Maplewell.

What we believe Mental Health and Wellbeing looks like for everyone in the Maplewell Hall School community

- We believe every member of the school community should:
- Understand what the school's definition of mental health and wellbeing is
- Have their individual needs acknowledged, accepted and met.
- Feel safe to express how they are feeling without feeling judged.
- Have their views and opinions actively sought and considered.
- Have access to and be shown how to access support for their mental health and wellbeing.
- Belong to a community where mental health and wellbeing is understood and accepted.

What is our Why?

Why is Maplewell Hall School working towards the Wellbeing Award for Schools?

- We want to prepare our students for adulthood
- Students who have good mental health and well being are in a better position to achieve academic success
- Students who have good mental health and wellbeing are more likely to thrive as adults and make a positive contribution to their communities
- Adults working to support children and young people's mental health and wellbeing need to have good mental health and wellbeing themselves
- Building a community that supports and promotes good mental health and wellbeing is a working environment in which all staff can thrive

HEALTH LEISURE WELLNESS
FITNESS CARE NUTRIENTS LEISURE EXERCISE
HAPPINESS

FIT DIET DIETING DIETING LIVING HAPPINESS DIET FIT

DIET WE CARE
ACTIVITY FITNESS LIFE FIT
LEISURE CARE CULTURE ENERGY SPORT LEISURE HAPPINESS CARE

