**School: Signed:**

**Date:**

**Vision: As a school, we recognise that our children have to thrive emotionally before they can thrive academically and achieve.**

**Our school is committed to:**

1. **Having an inclusive ethos and culture and a safe environment that promotes emotional wellbeing**
2. **Recognising our strengths and weaknesses in the area of emotional health and identifying development opportunities with partner agencies**
3. **Having knowledge and understanding of local support services and how to refer**
4. **Working alongside support services and assisting them to support children in our school in an appropriate environment**
5. **Measuring wellbeing of our staff and children through using nationally recognised measures/toolkit**
6. **Providing opportunities for children to develop responsibility, build confidence and self-esteem**
7. **Knowing what emotional health training and resources are available nationally/locally**
8. **Promoting the willingness to talk and build positive relationships**
9. **Engaging and responding to ‘The Child’s Voice’**
10. **Having arrangements in place in order to support transition, coping with change and loss**
11. **Listening to children when they have concerns or worries**
12. **Teaching social/emotional skills and how to manage and express feelings**
13. **Teaching strategies to build and maintain emotional wellbeing and resilience**
14. **Enabling staff to be positive and resilient role models by supporting them to maintain their own emotional health and wellbeing**
15. **Ensuring staff have access to training in awareness of emotional health and resilience**
16. **Providing appropriate emotional health and resilience resources to support staff and children**
17. **Offering opportunities for parents to engage and access information, learning and advice around emotional and mental health of their children and how they can help**

**Emotional Health and Resilience Charter**