

Mental Health and Wellbeing

Millfields recognises the importance of promoting positive mental health and wellbeing for all pupils, staff and families. We aim to create a nurturing and inclusive environment that supports the social, emotional and mental health needs of our pupils, enabling them to thrive academically and personally. Our intent is to embed a whole-school approach to mental health and wellbeing that promotes resilience, positive relationships and emotional literacy.

Our school has a comprehensive approach to promoting positive mental health and wellbeing that is embedded within the curriculum and every aspect of school life. All members of staff are Trauma Informed School trained. We promote mindfulness and relaxation techniques, social and emotional learning, and all classes have a well-being session each week. We work collaboratively with families and external agencies to ensure that our pupils have the support they need and facilitate parental workshops on a variety of topics related mental health and well-being.

Our teachers receive regular training on mental health awareness, including how to recognise and respond to different needs, and we ensure that all staff members have access to mental health support when they need it. Additionally, we have a whole-school approach that promotes positive relationships, kindness, and inclusivity. We foster an environment where pupils feel heard, valued and supported, and staff have a shared understanding and language to approach mental health and wellbeing.

Our whole-school approach to mental health and wellbeing has a significant impact on our pupils' personal and academic achievements, supporting their emotional literacy, self-esteem, and resilience. Pupil feedback shows that they are well-equipped with the tools and strategies they need to cope with everyday challenges.

