

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

“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

E-ACT Ousedale School is passionate about making a difference to the lives of young people; we have built an extensive range of early help interventions to support pupils with their wellbeing and promote positive mental health. We believe in teamwork; working with teachers and colleagues across the school, with the wider school community and most importantly with the young people in our school.

We act with determination to ensure that the wellbeing of the young people in our school community is supported. We are committed to making a difference, reflected through the school vision of ‘Be Kind, Work Hard and Succeed together’ which is embedded in the knowledge, character and experiences curriculum.

Supporting Positive Mental Health means that the young person stays at the centre of every conversation, and we prioritise those who need our help most, but promote positive mental health with everyone. Social, emotional and mental health awareness is embedded across the curriculum including PSHE, where young people are taught skills to build resilience and manage everyday stressors. We also recognise the importance of Staff wellbeing, resilience and mental health being as a key focus.

To ensure best practice, we conduct robust staff training in Safeguarding, behaviour, SEMH, attendance and safeguarding policies and protocols. The interventions mapped out are monitored and adjusted where necessary. All staff have training and the option of supervision to effectively support student SEMH.

E-ACT Ousedale School SEMH Intervention Map.

