



## SEATON SLUICE FIRST SCHOOL

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

### **Moral Purpose**

Seaton Sluice First School's SEMH Team is passionate about making a difference to the lives of young people. We believe in teamwork; working with each other, with teachers and colleagues across the school, with the wider school community and most importantly with the children in our school. We act with determination. Whatever issues our students, their families, the school, our team or the community face, we always support, react and pull together. Finally, we are committed to making a difference; we are not passive players in young people's lives but active participants who can and do make a real difference. These reflect the school's core values, in particular 'Believe and Achieve', 'Care and Share', 'Stay Safe' and 'Enjoy Together'.

Our moral purpose can therefore be summarised below -

- Effective teamwork.
- Relentless determination.
- Consistent commitment.

### **Mental Health Definition**

"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*

### **What supporting Positive Mental Health means to us:**

- The child stays at the centre of every conversation.
- We prioritise those who need our help most, but we promote positive mental health with everyone.
- We embedded social, emotional and mental health awareness across the curriculum
- Children and young people are taught skills to build resilience and manage everyday stressors
- Staff wellbeing, resilience and mental health is a key focus
- We have a highly trained staff who lead on evidence-based practice for all our interventions.

### **How we ensure best practice:**

- Factual and accurate notes are kept up to date.
- Staff and governors read and understand section one of Keeping Young people Safe in Education.
- Staff know our behaviour and relationships, SEMH, attendance and safeguarding policies and protocols.
- The wider school community has an active voice about SEMH.
- We monitor SEMH interventions and adjust where necessary
- All staff have training and the option of supervision to effectively support student SEMH
- Demonstrating professionalism at all times: speaking to each other with courtesy, mutual respect and empathy is essential.

January 2025 to be reviewed in September 2026