



Where learning takes root and  
imagination takes flight

# Well-being Statement

September 2022

At Meadow Park Academy we believe that physical and emotional wellbeing is a priority across the school. It is explicitly taught within the curriculum through PSHE and RSE and it is modelled every day, in all that we do and evidenced in pupil, staff, parent relationships. Our mental health and wellbeing offer extends to our whole school community as we believe it is essential that everyone feels part of a supportive and valued community.

We recognise that in order to progress and achieve well in school, our pupils need to feel supported throughout their time with us and have the opportunity to express their views. We understand that our staff are our most important resource and are valued, supported and encouraged to develop personally and professionally within a caring, purposeful school community.

We also recognise that there is a direct link between the wellbeing of our parents and carers and the wellbeing of our pupils and staff, and that the culture and values of our School are only successful if we all work towards a common vision.

## **What we believe Mental Health and Wellbeing looks like for Meadow Park Academy:**

- Meadow Park is responsive and flexible to everybody's needs.
- Everyone feels safe and able to express how they feel without feeling judged.
- We feel able to seek help and receive and use positive strategies when feeling and dealing with difficult emotions.
- We acknowledge there is a spectrum of emotions and mental health, and that this can change at different times and in different situations.

In conclusion, we are committed to making it our mission to promote resilience, positive wellbeing and mental health for all our pupils, staff and the community. We will strive to create an environment that has a whole school approach, in providing excellent mental health support, understanding and intervention putting Wellbeing at the heart of our school.

*Statement to be read in conjunction with Well-Being Action Plan*