

# Wellbeing Award

This year, St Aidan's Catholic Primary school will be working towards achieving a national award called the Well Being Award for Schools (WAS). This award looks at how well we promote emotional wellbeing and mental health across the whole school community, including pupils, parents and staff.

## Why work towards this award?

We know that when we feel positive in our physical, emotional and mental wellbeing then we are all able to live a more productive and enjoyable life. It is part of our school ethos to support the wellbeing of pupils, parents and staff. Those with positive mental health and wellbeing will continue to thrive in happiness throughout adult life.

### What is emotional wellbeing and mental health?

It is widely recognised that a child's emotional health and wellbeing influences their cognitive development and learning as well as their physical and social health and their mental wellbeing into adulthood. The Department of Education recognises that, in order to help their pupils succeed, schools have a role to play in supporting them to be resilient and mentally healthy.

*"Mental Health is a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community"*

*(World Health Organisation)*

### With good mental health your child will...

- Build up **resilience** with confidence and self esteem
- Be able to express a range of emotions and talk about them freely
- Have **ambitions** to achieve and succeed
- Build and maintain good relationships with others
- Feel **included** and engaged with the world around them
- Cope with the challenges of daily life in a **respectful** manner

*Please do get in touch with Miss Doyle or Mrs Proudman, if you are interested in contributing to our strategy or have ideas about promoting wellbeing at St Aidans's.*

