

## **Tram House Mental Health and Wellbeing Vision Statement:**

We acknowledge that, whilst we all have unique perspectives, mental health and wellbeing is of central importance and intrinsic to all of our lives.

The role of BeyondAutism Schools is to ensure that pupils are able to manage times of change and stress, and that they are supported and can access help when they need it.

We recognise that children and young adults' mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement.

### **What we believe mental health and wellbeing looks like at Tram House School:**

We promote a caring, supportive environment in which every individual is valued and respected.

BeyondAutism Schools are proactive in identifying and supporting children and young adults with mental health difficulties. We ensure the pupil is at the centre of all decisions and their feelings, wishes and views are taken into account.

Within our schools, we promote positive mental health and wellbeing for our whole community (pupils, staff, parents and carers). We recognise how important mental health and emotional wellbeing is to our lives, in just the same way as physical health.

Our school is a safe space where people are able to express how they feel without being judged. We acknowledge that a 'voice' comes in many forms, not just spoken and we seek to understand each other with respect.

Our learners are given tools to be able to communicate their needs, wants and emotions in an individualised way. We have a culture of reflection and one that promotes resilience building for our staff and pupils.

### **Why Tram House is working towards the Wellbeing Award Scheme:**

We have a passion for making positive change and are proud to challenge.

We are dedicated to improving the outcomes for all of our pupils, and positive mental health is the corner stone of this. We recognise that all children and young adults need the foundation of positive mental health to benefit fully from the opportunities available to them.

All children and young adults move along the mental health continuum during their educational journey. However, some face significant life events which can seriously impact their emotional wellbeing and may lead to mental ill health. We want to equip ourselves to support our learners as best we can.

Our vision is:

- To develop strategies to engage with the whole school community, including parents/carers, staff and pupils to create a shared vision of collective responsibility for mental health.

- To have a platform that keeps developing and refining tools of communication and accountability for our community's mental health and wellbeing.