Rationale:

Mental Health and Wellbeing is essential to a productive and satisfying life.

Aims:

• Gembrook Primary School will provide a safe, welcoming and supportive environment which promotes a culture of respect, fairness and equality.
• At Gembrook Primary School social and emotional learning is embedded into the curriculum
• At Gembrook Primary School families, students and staff are key partners in mental health and wellbeing initiatives which engage and work collaboratively with local health professionals.

Definitions:

Mental health: For children, this means “the capacity to enjoy and benefit from satisfying family life and relationships and educational opportunities, and to contribute to society in a number of age-appropriate ways. It also includes freedom from problems with emotions, behaviours or social relationships that are sufficiently marked or prolonged enough to lead to suffering or risk to optimal development in the child, or to distress or disturbance in the family.”

Resilience: The ability to bounce back from adversity in order to lead a healthy and fulfilling life.

Social and emotional competence: The ability to recognise and manage emotions, develop caring and concern for others, make responsible decisions, establish positive relationships and handle challenging situations capably.

Implementation:

• The school encourages and values the contribution of students, families and staff to a positive school environment and all members of the school community promote a culture of respect, fairness and equality.
• The school has a range of strategies to promote positive and responsible behaviour, and to prevent and respond to bullying, discrimination and harassment.
• Staff have the appropriate knowledge and skills to recognise and support students who may be at risk of or experiencing social, emotional, behavioural or mental health difficulties, including how to access support and make appropriate referrals to outside professional agencies.

The school provides a curriculum that actively engages and builds students’ self-awareness, social awareness, responsible decision making, self-management and relationship skills, and social and emotional learning are included in the curriculum.
• Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote mental health and wellbeing across the curriculum.

Ratified 2014
• The school engages with local health professionals, services and other organisations to increase their capacity to deliver and promote mental health and wellbeing initiatives.
• The school provides information to students and families about local mental health and wellbeing services, parenting and family services, and other resources that are available to support the mental health and wellbeing of students and families.

**Evaluation:**
Gembrook Primary School is safe, inclusive and empowering school environment for students, families, staff and visitors in which families, students and staff are key partners.

**References:**
1. DEECD Promoting Healthy Minds for Living and Learning
3. DEECD ‘Building Mental Health Promotion Capacity
7. DEECD School Policy and Advisory Guide – Health Education Approaches
8. DEECD Promoting Healthy Minds for Living and Learning