



## MindMate

# Intent, Implementation, Impact Statement

### Intent

Our school is committed to promoting the mental health and well-being of pupils, and of the whole school community, and fully recognise the important relationship between mental health, well-being and learning. We provide the children with a curriculum that is broadly based, balanced and meets the needs of all pupils. We prepare pupils at our school for the opportunities, responsibilities and experiences of later life.

### Implementation

At Chapel Allerton Primary School, our MindMate curriculum follows the MindMate Champions NHS Leeds guidance. We have embedded a culture where mental health is strongly valued across the wider curriculum and openly discussed between colleagues and pupils. Our supportive and inclusive environment celebrates diversity and breaks down barriers and stigma around mental health. All staff are aware of and uphold these values. Through assemblies, staff training, Governor link meetings and parent newsletters, we ensure that MindMate has a strong school community focus.

We have recently introduced MindMate Monday where all classes teach MindMate on the first day back after the holidays, as well as a whole school assembly. Parents are updated in a termly MindMate newsletter and Face Book post which outlines the key learning in each topic, as well as containing useful links they can access at home to support Mental Health for themselves, as parents, and their children. This ensures a strong whole school and community focus and ensures all children are aware of what MindMate is and why we teach it.

MindMate is embedded throughout all areas of our wider curriculum, as well as being taught in discrete sessions, in a whole school approach, ensuring all pupils have a deep understanding of mental health as well as strategies which they can draw upon throughout their life.

### Impact

All pupils and staff have a strong value of mental health and MindMate strategies. We assess what skills and knowledge the children have attained each term using some of the following strategies:

- Pupil Voice
- Staff meetings
- Pupil work displays
- Regular feedback in lessons
- Floor books and work monitoring
- Facebook posts
- Assemblies
- Parent newsletters and feedback

All children leave Chapel Allerton Primary with the knowledge, confidence, resilience and skills needed to manage their own mental health and wellbeing, as well as being well equipped to identify and support friends and family with their mental health and wellbeing.