

Our Mental Health and Wellbeing Pledge for families



We pledge to.....

* be there to listen

* be non-judgemental

* support and provide guidance and practical solutions

* show empathy and care

* respect confidentiality

* be approachable and welcoming

Our Mental Health and Wellbeing Pledge for colleagues



We pledge to.....

* value and respect each other across the Federation

* respect each others' opinions, even when we don't agree

* promote active communication

* support each other to maintain work/life balance

* promote a positive, collaborative working environment

* be kind

* to give genuine thanks to each other

* to keep a positive attitude to motivate self and others

Our Mental Health and Wellbeing Pledge for pupils



We pledge to.....



* ensure you have a safe and nurturing environment



* ensure you have a voice and time to talk



* ensure you are listened to and valued



* recognise your feelings and support you with coping strategies



* seek help to support you when you are struggling.



* ensure you are happy, joyous and have fun.



* recognise your achievements and celebrate these.



* respect you are an individual. You are unique and valued.



* help you to have a healthy body, and a healthy mind.