



Our Lady of Perpetual Succour Catholic Academy

Our Lady of Lourdes Catholic Multi-Academy Trust

Piccadilly, Bulwell, Nottingham, NG6 9FN

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Mental Health and Wellbeing

Our Vision

At Our Lady of Perpetual Succour, we are committed to fostering a thriving community where mental health and wellbeing are integral to our mission of enabling all children to fulfil their God-given potential.

By placing the teachings of Jesus Christ at the centre of all that we do, we nurture everyone in a spirit of compassion, service, and healing, following the example of Our Lady. Together, we work to ensure that every member of our community: children, staff, and families, feels valued, supported, and empowered to flourish. Through our collective efforts, we seek to make the world a better place, especially for the most vulnerable in our society, by doing 'little things with great love,' as taught by St Thérèse of Lisieux.

We are guided by the following 8 principles, as set out by Mental Health First Aid England, to ensure a whole-school approach is adopted to promote mental health and wellbeing:

1. **Leadership and Management** – Our leaders actively champion mental health and wellbeing, embedding this into all aspects of our practice, ensuring it remains a priority for all.
2. **Ethos and Environment** – We cultivate a culture that values respect, diversity, and inclusivity, creating spaces where all feel safe, accepted, and supported.
3. **Curriculum, Teaching, and Learning** – We integrate resilience-building, social and emotional learning, and wellbeing education into our curriculum to equip students with the skills they need to navigate life's challenges.
4. **Enabling Student Voice** – We empower students to influence decisions that impact their wellbeing, fostering a sense of agency and belonging.
5. **Staff Development** – We support our staff's professional and personal wellbeing, recognising their vital role in nurturing a healthy, supportive community.
6. **Identifying Needs and Monitoring Impact** – We adopt evidence-based approaches to identify needs, monitor progress, and ensure that interventions make a meaningful difference.
7. **Working with Parents and Carers** – We collaborate closely with families to build a strong, shared network of care and support for our students.
8. **Targeted Support and Referral** – We provide accessible, tailored interventions and referrals to ensure timely help for those in need.

Rooted in these commitments, we aim to create a school-wide culture where mental health and wellbeing are seen as shared responsibilities. By working together, we ensure that all members of

our community can achieve their full potential, deepen their faith, and realise their God-given talents. In doing so, we continue to shape a compassionate, resilient community where everyone has the opportunity to flourish and live life to the full.

Who leads Mental Health and Wellbeing in school?

Staff in our school work as a team to support children. Class teachers are responsible for a child's learning and provision. Mental Health and Wellbeing is co-ordinated and managed by the school SENCO, who is also the Senior Mental Health Lead, across school from Nursery to Y6. The school governing body support the SENCO and Head Teacher in ensuring appropriate provision is available for all children in our school.

The link governor for SEND and Mental Health and Wellbeing at our school is Deacon Martyn Swaby, who is also the Chair of Governors.

The SENCO and Senior Mental Health Lead in our school is:

Mrs K Thompson email: senco@ourladyops.nottingham.sch.uk

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