



John Mason School
Excellence Through Creativity

A NOTE FROM MR MAT DAVIES, ASSISTANT HEADTEACHER/MENTAL HEALTH LEAD REGARDING THE WELLBEING AWARD FOR SCHOOLS

John Mason School is committed to providing a learning environment for promoting good emotional wellbeing and identifying behaviour changes early and signs of mental distress. It is reflected in our school improvement plan and one of our core values “value ourselves and each other”.

The social and emotional skills, knowledge and behaviours that young people learn can help them build resilience and give them an understanding of how best to manage their mental health throughout their lives.

To accompany our passion for positive mental health and commitment to the wellbeing of our students, staff and stakeholders, we have decided to work towards the Wellbeing Award for Schools. This award recognises a school’s efforts to promote positive emotional wellbeing and mental health education and support. To attain this award we have to develop an action plan that recognises what we currently do and offer additional opportunities to support and promote wellbeing and mental health. During this process you will be asked to complete a survey, along with our students and staff. This will give us a good foundation about our strengths and areas on which to focus. We will establish a “Change Team”, which will consist of students, staff, parents and stakeholders. Further information on this will follow in due course.