



A Charter for Slough Schools

We believe that emotional health and well-being is everyone's responsibility within our schools.

Mental health is defined as: "A state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

Emotional wellbeing is defined as: "A positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment."

National MWIA Collaborative Mental Well-being Impact Assessment: A toolkit for well-being
Public Health England 2011 Available from:
<http://www.apho.org.uk/resource/item.aspx?RID=95836>

Charter Commitments

1. To create schools which promote an open and inclusive ethos.
2. To promote equality of opportunity and mutual respect for all.
3. To provide training, resources and signposting for our school communities to support their own and others' emotional health and well-being.
4. To develop skills of resilience in staff and pupils enabling them to perform to the best of their ability and cope with the stresses and strains associated with life.
5. To work collaboratively with other Slough schools to create a network for emotional health and well-being support.