



Lady Manners School

Mental Health and Wellbeing Vision Statement

'Mental health is a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.'

(World Health Organisation)

At Lady Manners School we aspire to foster a school culture that recognises and celebrates the unique strengths and aspirations of each individual. Our goal is to inspire a sense of purpose and self-belief, encouraging students to set ambitious goals for their academic, personal, and emotional growth.

Inclusion is at the heart of our vision. We strive to create a school community that embraces diversity in all its forms - be it cultural, academic, or personal. By promoting understanding, respect, and empathy, we aim to eliminate stigma and create a supportive atmosphere where every student feels seen, heard, and valued.

Thrive is not just a goal but a commitment. We are dedicated to providing a comprehensive mental health support system that empowers students to navigate the challenges of adolescence with resilience and strength. Through targeted interventions, counselling services, and proactive mental health education, we aim to equip our students with the tools they need to not only cope with stressors but to flourish in all aspects of their lives.

At Lady Manners School we create an environment where mental health is prioritised, stigma is dismantled, and every student has the opportunity to thrive. Through a collaborative effort between students, educators, parents, carers, and the wider community, we are building a foundation for a resilient and curious generation that will contribute positively to the world around them.

The Department of Education (DfE) states that, 'in order to help their children to succeed; schools have a role to play in supporting them to be resilient and mentally healthy.'