



St Thomas' Wellbeing Vision

At St Thomas' Primary School we commit to making it our mission to promote resilience and positive wellbeing for all our pupils, staff, parents and carers.

*We understand **wellbeing** as a state of being comfortable, healthy and happy 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.*

We have embedded wellbeing into every aspect of our school life and it is woven into our core Christian values of justice, compassion and perseverance for all.

We strive to ensure that mental health is “everyone’s business” across the whole school community and aim to provide excellent mental health support, understanding and intervention.

“I come that they might have life and life in all its fullness.” The Gospel of John 10 v 10