



Ysgol Y Foel is dedicated to providing assistance for the emotional well-being and mental health of our students, faculty, and parents. We understand that everyone faces difficulties in life that can leave us feeling vulnerable, and there may be times when additional emotional support is necessary. We firmly believe that promoting positive mental health is a responsibility shared by all, and we each have a part to play in this endeavor.

As a school, our goal is to:-

Help children feel comfortable sharing any concerns or worries

Help children to understand their emotions and feelings better

Help children socially to form and maintain relationships

Encourage children to be confident and 'dare to be different'

Promote self esteem and ensure children know that they count

Help children to develop emotional resilience and to manage setbacks

Encourage children to adopt the 5 ways to well-being ethos