



Wellbeing and Happiness

Tuesday 23rd January 2024





Our commitment to wellbeing and being mentally healthy

We believe in an 'open door' policy and strive to be a 'talking school' in recognition of the stigma surrounding mental health.

Specifically, we will:

- Support students to understand their emotions;
- Help children to manage change and adversity and develop resilience;
- Provide an environment which is conducive to students sharing concerns about themselves or others;

We will promote a mentally healthy school environment by:

- Adopting a whole school approach to mental health and wellbeing;
- Raising awareness in the whole school community of the signs and symptoms of mental health problems;
- Supporting staff to manage their own mental health and wellbeing;
- Supporting staff to respond swiftly and effectively to any signs of an emerging mental health problem;
- Engaging in activities which promote mental health and wellbeing and a sense of belonging in the whole school community;
- Celebrating individual differences in students, ensuring all students feel valued and respected;
- Valuing and celebrating non-academic achievements.

Ways to wellness:



Exercise! Yoga online promotes a still mind. Getting outside and walking/running/playing all release endorphins. <https://www.youtube.com/user/CosmicKidsYoga/videos>



Creating a new routine can be hard. Have you tried [habit stacking](#)?



-Diet [Change4Life](#) has some healthy treat ideas that you can use.



Sleep is absolutely vital to building positivity and maintaining a healthy mind.

Developing resilience: a growth mindset



Supporting resilience at home

Limiting social media and connecting for real!

- Accessing online games, chats and forums can be a fantastic resource, but they can also be risky. Boundaries need to be in place, as well as time limits.
- More than one-third ([35%](#)) of 13- 17-year-olds reported using social media sites such as YouTube, TikTok, Instagram, Snapchat and Facebook "almost constantly" in 2022. And while many social media platforms set a minimum age of 13 to sign up, [38%](#) of kids ages 8-12 say they have used social media.
- [Parent advice online safety](#)



What's Emotional Literacy?

Emotional literacy is the ability to understand, express and cope with emotions.

When we can express ourselves verbally, we often feel better instantly. It also means the people around us are more able to support.

The Colour Palette Challenge



Managing feelings of worry

Anxiety

4-11 year olds

Activity to calm worry

Further resources to support at home

- <https://www.place2be.org.uk/our-services/parents-and-carers/wellbeing-resources-for-families/> -a fantastic site with advice, support and a range of activities which can be done at home.
- <https://mindforwardalliance.uk/Resources/Parents-Toolkit>
- <https://mindforwardalliance.uk/docs/CMHA-PARENT-CYP-MH-TOOLKIT.pdf> Parent toolkit to support your child
- <https://www.youtube.com/watch?v=2zrtHt3bBmQ> growth mindset video series for children
- [Mental Health First Aid free course sign up](#)