



Our Mental Health and Wellbeing Policy

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Written by the children of Heath
Primary School

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Mental health and wellbeing

At Heath Primary School we want all our children to feel safe, happy and confident. This policy has been created by our Mental Health Ambassadors to help you understand your own emotional wellbeing and to ensure that you feel comfortable speaking about your feelings.

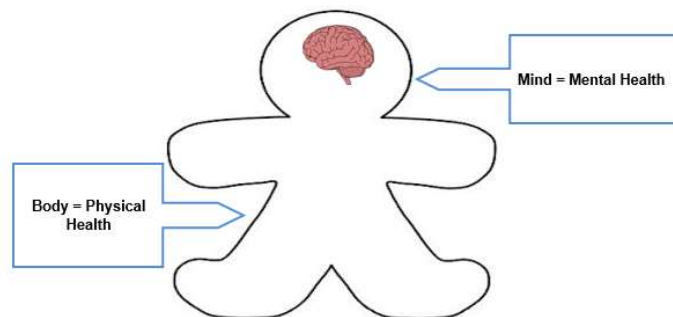
It is important to remember that sometimes our feelings can be overwhelming and it is okay to ask for help so your wellbeing can be supported.

What does Mental Health and Wellbeing mean?

Our mental health is how we think, feel and act. It is important that we are kind to ourselves so that we have a healthy mind and body.

Our physical health is the health of our body.

It is important that we look after both our mental and physical health as they are linked. If we do this, we can improve how we feel which is our wellbeing.



Everyday feelings.

Day to day, we experience lots of different feelings.

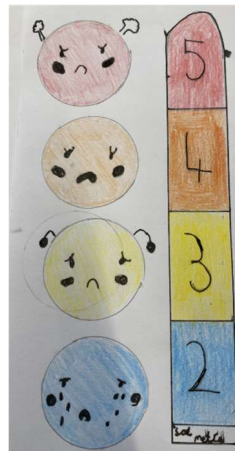
These feelings can be positive (excited, happy, joyous, delighted) and they can make us feel good.



Sometimes these feelings can be negative (sad, angry, lonely, stressed) and they can make us feel uncomfortable but it is important to remember that this is normal for everyone.



Our feelings can also vary in intensity. This means some feelings can feel stronger than others.



Big feelings

Big feelings can change how we think, feel and behave. They can affect our mental health and can be really serious for some people.

Make
concentrating
more difficult.

Make us worry
all the time.

Big feelings might...

Affect our
confidence.

Make us lose
interest in things
we normally
enjoy.

It's okay to feel big emotions but it is important that we try and deal with them so that we start to feel better.

Who can we talk to about our mental health?

Remember if your feelings are getting too big to cope with on your own, talking to a trusted adult might be able to help.

Our worries can sometimes feel really big and they weigh us down. Or we might think our worries are really silly. This can make us feel like someone wouldn't understand them. But if we keep our worries to ourselves they can get bigger and heavier.

We can use our close network to help us know who to talk to.



Sentence starters to help people talk about their feelings

I feel this because

I don't feel because

I need some support because...

How does school teach us about our Mental Health and Wellbeing?

At Heath Primary school, we have termly PSHE lessons. Topics include exploring our emotions and being healthy which covers both our physical and mental health.

We have PE lessons weekly and take part in the daily mile. During these, we learn about the importance of being healthy and staying fit.

Every week, we have assemblies and circle time where we focus on emotional wellbeing. Here we can voice our opinions and discuss our thoughts and feelings. As well as this, we read stories that help us understand and control our emotions better.

How does our school make us feel safe?

Feeling safe in school is our top priority. Our school makes us feel safe through:

- Teaching us about our trusted adults.
- Always finding time to listen to us.
- Having worry monsters in every class so we can write our worries down.
- Creating suggestion boxes for pupil parliament so our voices are heard.
- Providing us with lots of different opportunities during lunch to help us feel safe (different zones, play makers, lots of support staff, ambassador duties)
- Teaching us how to be good friends.
- Our ambassadors champion mental health and wellbeing in school.

What does it mean to feel safe?

When you feel safe, you are free from harm or risk.

Here are some ways your body might react if you feel safe or unsafe.

Safe	Unsafe
<ul style="list-style-type: none">- Relaxed body- Smiling- Calm breathing- Normal heart rate- Body language (open)	<ul style="list-style-type: none">- Body tenses up- Shaking- Feel alone- Sweating- Lose concentration- Racing heart beat- Breathing might change- Lash out

	<ul style="list-style-type: none"> - Lose appetite - Body language (closed, no eye contact)
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How can we look after our own mental health?

During our ambassador training we learnt all about 'SMILERS' and how we can use this to look after our mental health. Once we had completed the training we taught the school about it through our own assemblies.

- S** - stay connected (communicate, reach out)
- M** - move (exercise you enjoy)
- I** - interest (hobbies you love)
- L** - look (look out for things which make you feel safe)
- E** - eat (having a balanced diet, using the Eatwell plate)
- R** - rest (getting the correct amount of sleep)
- S** - support (talking to others)

How can we help our friends and children in school?

Being a good friend and looking out for everyone in school will help us feel good. Here are some ways you can do this.

- M** - make them laugh
- A** - ask are they okay
- T** - treat them to a compliment
- E** - everyday acts of kindness

Where can we get further help



ChildLine is a free, private and confidential service where you can talk about anything.

<https://www.childline.org.uk/about/about-childline/>



YOUNGMINDS provide young people with tools to look after their mental health. Their website is full of advice and information on what to do if you're struggling with how you feel. They give young people the space and confidence

to get their voices heard and change the world they live in. Together, their vision is to create a world where no young person feels alone with their mental health.

<https://www.youngminds.org.uk/>