

Emotional health and mental wellbeing affect all aspects of our lives and health choices. Mental wellbeing is about feeling good and functioning well, as individuals and as communities. It is also about our ability to cope with life's challenges and making the most of life's opportunities.



As a school we are following Derbyshire county Council's SMILERS Campaign. Smilers is an acronym to help us remember the things we can do to improve our own mental health.

Smiling is infectious,
you catch it like the flu. When someone smiled
at me today, I started smiling too.
I passed around the corner,
and someone saw my grin.
When he smiled I realized,
I'd passed it on to him! I thought
about that smile, then I realized it's worth.
A single smile just like mine,
could travel round the Earth!
- The Social Butterfly
SHARE your Smile by Passing this on!

