

Mental Health and Well-being

Lead: **Mrs Dunn**



Mrs Dunn said,

“Happy pupils learn well.

Mental health means keeping our minds healthy.

Good mental health helps us feel good and cope with life.

Good mental health helps you develop and thrive at school. My job and your teacher’s job is to make sure you are happy and safe in a positive school environment.

If you feel that you need some support with your thoughts, feelings or emotions, please come and talk to me or any trusted adult in school.”

Ways to support our wellbeing:

- Share how we are feeling and ask for help if we need it
- Be as physically active as we are able
- Take a little bit of time each day to be calm and mindful
- Spend time with people we trust and those who respect us and our feelings
- Show kindness and respect to ourselves and others
- Learn something new or practise a hobby
- Spend time outdoors

