

## **Mental Health-Website**

### Mental health and wellbeing

Wellbeing is about how we feel physically, emotionally and how we manage our thoughts and feelings. A good sense of wellbeing helps us to function well even when times are challenging.

Sometimes our wellbeing is affected by things which are out of our control; such as illness, a stressful family situation or a crisis.

When our wellbeing is affected and we don't feel able to cope, it can lead to sadness, stress and anxiety which can impede our daily lives.

We want to enable our children to talk about their feelings, hopes and worries.

At our school, lessons are planned to equip our children with the language needed to express the way they feel at different times in their lives. Our children take part in activities that will help them to understand the importance of both physical and mental health. They will learn strategies throughout Key Stage 1 that will help them to appreciate when times are good and they are feeling well; they will also acquire resilience strategies that may help them to manage during more challenging times. They will learn that talking is key to improving their mental health. It is hoped that our pupils will carry this learning into adulthood, when, naturally life changes and we take on more responsibility.

At St Paul and St Timothy's we use a range of resources relating to mental health and wellbeing. We are aware that in recent times; life has become more challenging for us all. We continue to ensure that discussions with pupils are ongoing about how they are coping during the COVID-19 Pandemic.

October 9<sup>th</sup> 2020 is #Helloyellow day in which we come to school dressed in yellow and take part in fun activities which will help our children to name their feelings and emotions and acquire skills that can improve their mental and emotional health.

Below you will find links to some useful resources.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

This is a website for children and young people. It also offers advice for parents supporting their child through the global pandemic. There are many sections offering useful information.

The Anna Freud Centre offers a host of resources including podcasts designed to offer valuable advice to parents who would like help in supporting their children. There are also tips on helping our younger children to return to educational settings following Coronavirus.

[www.annafreud.org](http://www.annafreud.org)

'Mind' offer advice and support for parents who are coping with their own anxieties during the pandemic. The Mind website gives suggestions on how you can help yourselves and your children to cope during difficult periods.

[www.mind.org.uk](http://www.mind.org.uk)

Other useful websites: [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

If you are concerned about your child's wellbeing at any time, or if you would like support or advice relating to wellbeing issues for yourself as a parent or carer, you can contact our Pastoral Lead, Clare Threlfall, at our school office who will be happy to help.