



OPAK

NEWSLETTER from our Mental Wellbeing Champions

16th February 2022



Our Mental Wellbeing Champions



"I like being a MHWB Champion because I like making people feel happy." Autumn, Year 2

"I wanted to be a MHWB Champion to help people make friends who are lonely." Jack, Year 3

"I like being a MHWB Champion because I think it is important to help our friends." Nina, Year 6

"I love being a MHWB Champion because I think it is important to let other children know they have someone to talk to in school." Lily, Year 5

"I like being a MHWB Champion because I enjoy running the colouring station." Jax, Year 1

"I like helping people calm their mind and be creative at the colouring station." Lewis, Year 6

Coming next half term...



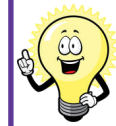
In March, the children will be working with their classes to promote feelings and sharing tips on the best ways to express our feelings with each other.

What we have been up to so far...

This term, our Mental Health and Wellbeing Champions have been extremely busy! After Christmas, they wanted to improve playtimes for the rest of the children so they carried out a survey which led to them starting a colouring station where children can relax at playtimes. They have worked collaboratively with School Parliament and Play Leaders and there has been great feedback from this playtime improvement!



More recently, they lead Children's Mental Health Week across the school where the Champions began by leading an assembly which introduced Children's Mental Health Week. They then lead daily wellbeing tasks with their classes and also worked extremely hard to promote our 'Dress to Express Day'. The children did a fantastic job of making this week very high profile and it was a great success!



Helpful hints and links...

Please find some information & links below which our Wellbeing Champions feel would be useful for our parents & carers to know.

<https://www.kirkhamgate.outwood.com/mental-wellbeing>

Here you will find our Mental Wellbeing Strategy and support for children and parents.

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

A charity which supports Children's Mental Health. They run our #HellowYellow Day!

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>
Information from Place2Be about supporting your child's mental health. Place2Be was the supporting charity for Children's Mental Health Week.

What children think about the MHWB Champions...



"I like the MHWB Champions because they give us activities to do around mental health.." Brooke, Year 3

"I love the MHWB Champions because they are kind, funny and they cheer people up and make them smile when they are sad." Amira, Year 5

"I really like having the MHWB Champions in school because they are kind people who listen to your feelings and make you feel safe." Darasimi, Year 5

"I like the MHWB Champions because they help people when they are sad." Poppy, Year 5

"I like to know someone is there for me." Matilda, Year 1