

Meet Our Mental Health Champions



As Mental Health champions, we strongly believe in the importance of mental health and promoting ways to make us feel good and in supporting each other. We have recently had a training on the theme of **kindness** which we shared with our classes and encouraged everyone to complete the kindness calendar. We have enjoyed nominating and giving out kindness certificates.



Coming Next Half Term...

We will be receiving more training on different themes to share with our classes; the next one is **Respect**. We are looking forward to continuing our roles on the playground, in which we work alongside the Playleaders and Restorative Practice Champions, to lead and support with games in the different zones. We like to be a visible presence in our yellow vests so that anyone who needs us can feel confident to approach us.



What we have been up to....

Our Mental Health and Wellbeing Champions have been extremely busy! Together with School Parliament, we really enjoyed organising a coffee morning on 'Time To Talk' Day, to which we invited family members to come and relax and have the opportunity to talk to each other. More recently, we have led Children's Mental Health Week, beginning with an assembly and then introducing daily wellbeing tasks with our classes, for example, using apples to demonstrate how our feelings can be hurt even if it isn't obvious on the outside. We all wore our own clothes on 'Dress To Express' Day to shine a spotlight on the importance of children and young people's mental health.



Assemblies..

On **World Mental Health Day**, we delivered an assembly to show our support for children and young people's mental health and we all wore an item of yellow.



During our whole school 'Time To' session we delivered an assembly about **Anti-Bullying** then danced and sang to Andy and The Odd Socks new song - 'Calling Out'. We promoted ways to 'Reach Out' to each other.



Exercise to boost our Mental Health.

On 'BBC Children in Need Day' and also on 'Time To Talk Day', it was lovely to see so many people join us on our organised walk around the playground before school. Not only did it boost our mental health by getting exercise and fresh air, we also had the opportunity to take the time to chat to each other, sharing any worries or concerns.

