



FIND YOUR  
BRAVE

# PSHE stands for ....

**Personal**



**Social**



**Health**



**Economics**



**circle time**

**mindfulness**

**feelings and  
emotions**

**drugs and  
medicines**

**keeping safe**

**learning about and  
respecting people's  
values and beliefs**

**What do  
we teach your children  
in our PSHE lessons?**

**Keeping our private  
parts private**

**keeping  
healthy**

**Internet  
safety**

**resilience**

**road safety**

**relationships**

**This week we have been looking at**



**Mental Health**

# **What is Children's Mental Health?**

**Mental health is the way children think or feel about themselves and the world around them. It's related to how children cope with life's challenges and stresses.**

# A child's view of mental health.

- “Mental Health is like having sunny days and rainy days. We need both in our lives for different reasons. We know that after a storm a sunny day will appear and sometimes there's a rainbow. We all look forward to the sunny days and rainbow treats but it's ok to have the rainy days too.”



"Yes, but they will move on,"  
said the horse, "the blue  
sky above never leaves."

# **What does good mental health look like for children?**

**Things that can help keep children and young people mentally well:**

- eating a balanced diet and getting regular exercise**
- having time to play, indoors and outdoors**
- being part of a family feeling loved, valued and safe**
- being able to learn and having opportunities to succeed**
- accepting who they are and recognising what they are good at**
- having a sense of belonging in their family, school and community**
- having the strength to cope when something is wrong (resilience) and the ability to solve problems and bounce back.**



# This week we have looked at each of these areas of well being

## CONNECT

- Spending time with friends and family
- Making new friends
- Sharing special things about your family

## BE ACTIVE

- Going for a bike ride or walk with family and friends
- Try a new sport

## KEEP LEARNING

- Learn to speak a new language
- Learn a new recipe
- Make mistakes

## Give

- Give your time to help others
- Give to charity

## TAKE NOTICE

- Take notice of how you are feeling
- Take notice of how others are feeling
- Take notice of the world around

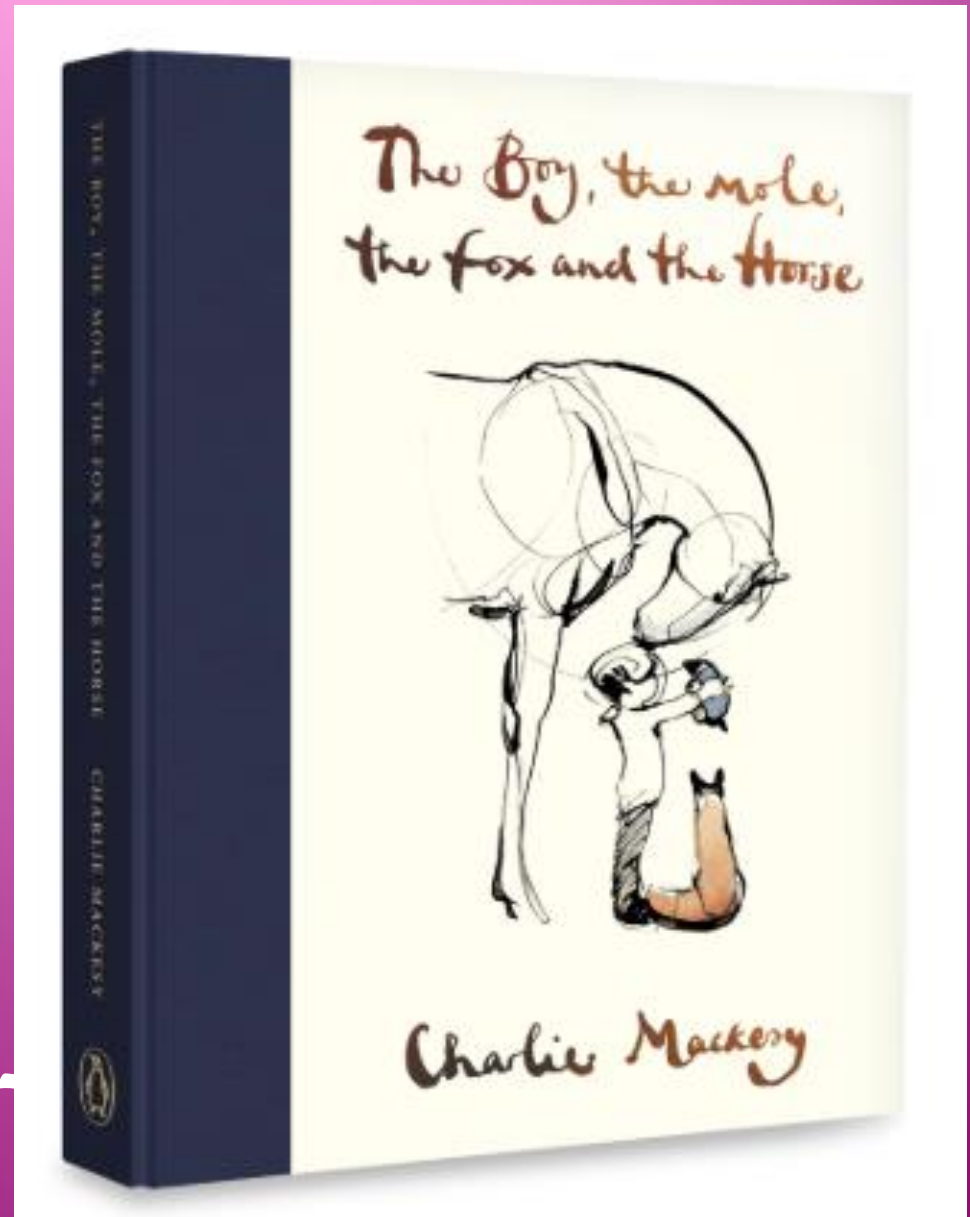
# FIND YOUR BRAVE

**Children have been encouraged to find their brave, by looking at when they have had to brave and if they could be more brave in the future and being able to share this with friends and family.**

**This week we have been looking at...**



**Charlie Mackesy -  
Author**



# **Mental health is also important to adults...**

- In a world where mental health is becoming more universally recognised, it is also important for adults to look after their own mental health.**
- This can be done by following the five steps of well being – connect, be active, keep learning, give and take notice**
- We are here to help adults as well as children. If you have any concerns, please feel free to contact our pastoral team**

# How can we help?

- Did you know we have an amazing pastoral team that is here to support you and your children.
  - We can help with:
    1. Early Help
    2. Parenting tips
    3. Toileting
    4. Referral to the school nurse
    5. GDAS suport
    6. Winston's Wish
    7. Young careers

"Asking for help isn't  
giving up." said the horse



"It's refusing to give up"

# Useful websites



<https://ticplus.org.uk/>



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



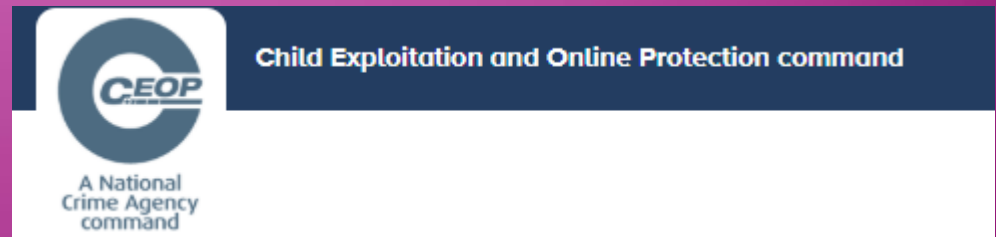
<https://www.samaritans.org/>



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



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



<https://www.ceop.police.uk/safety-centre/>

"Do you have a favourite saying?" asked the boy.

"Yes" said the mole.

"What is it?"

"If at first you don't succeed,



have some cake."

"I see,



does it work?"

"Every time"

