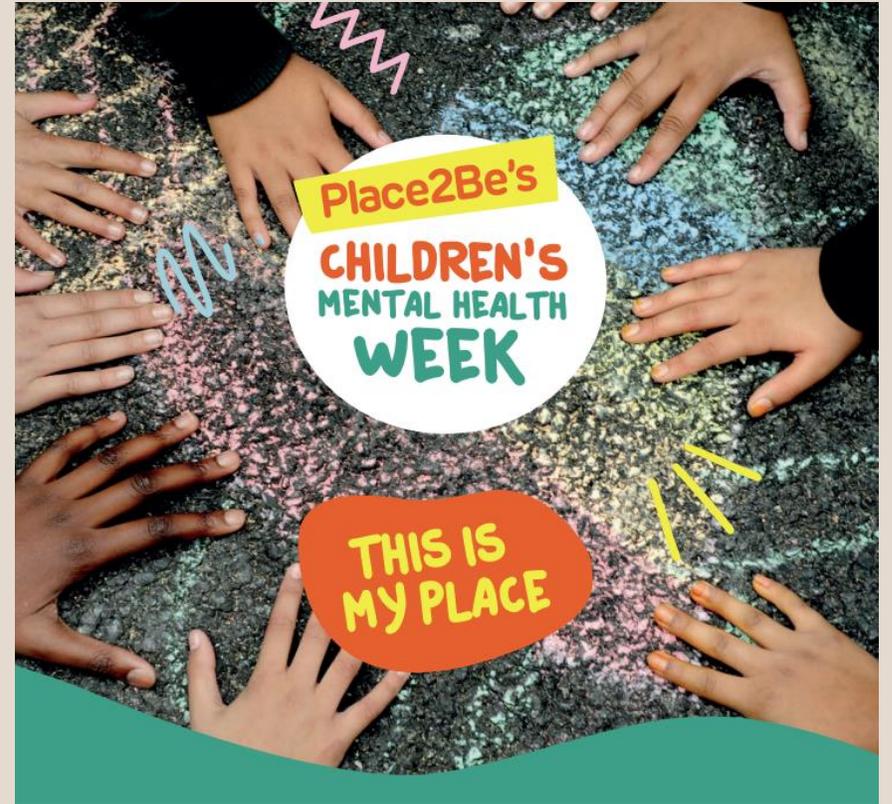




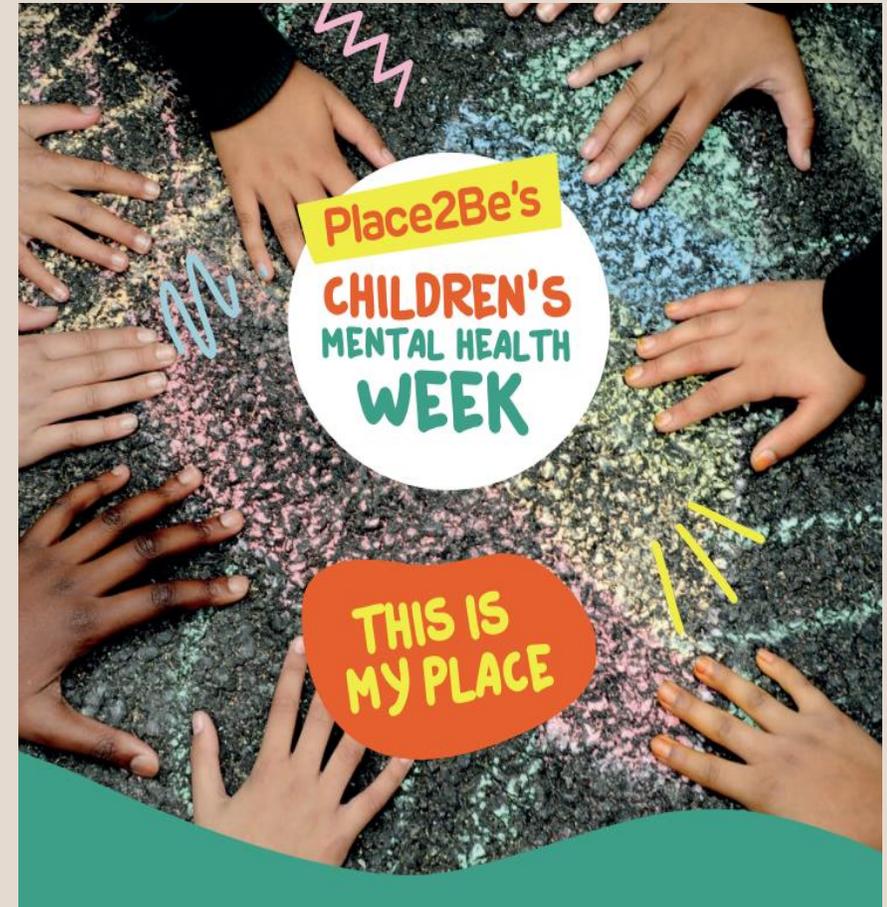
# Children's Mental Health Week

9<sup>th</sup> – 13<sup>th</sup> February

Children's  
mental health  
week is  
overseen by  
Place2be.



This year the  
theme is 'This is  
my place'



A large, dark grey circular shape on the left side of the page contains a stylized, light grey leaf graphic with several pointed leaves extending from a central stem. The text 'This is my place' is written in a white, serif font, centered within the circle.

# ‘This is my place’

We know that our sense of belonging as individuals, in our friendships, in school and in communities plays a vital role in our mental health and wellbeing.

To know our place and really feel part of our environment is a basic human need. It can have powerful and long-lasting impacts in lots of areas of our lives, including our physical and mental health, education and relationships.

When we feel that we belong, it empowers us to contribute to the world and make a real difference.



# Why does belonging matter for mental health?

Our mental health flourishes when we feel connected and valued. When children and young people have a strong sense of belonging, they:

Feel more confident to be themselves and try new things.

Develop resilience to cope with challenges and setbacks.

Build stronger relationships and communication skills.

Experience less anxiety and loneliness.

Have better self-esteem and understand their own worth.

Feel motivated to contribute positively to their communities.

When we don't feel like we belong, it can leave us feeling isolated, anxious, or like we need to hide parts of ourselves to fit in. That's why nurturing belonging is so crucial for every child's mental health and wellbeing.



# How can we support others?

## HELPING OTHERS WHO MAY BE FEELING LEFT OUT:

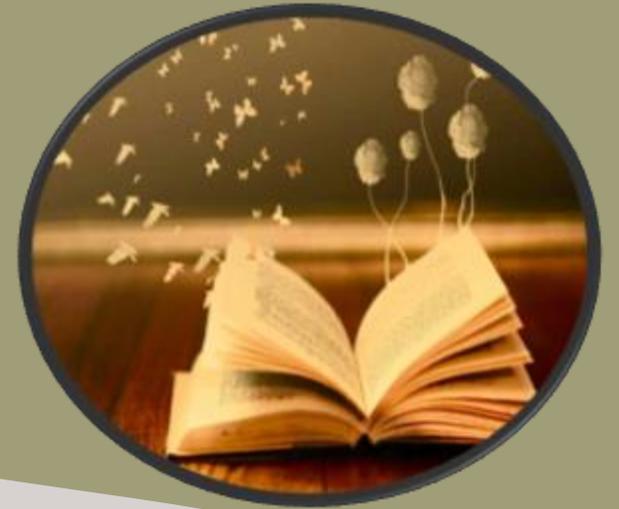
- Notice and include others. Pay attention to people who seem lonely or left out.
- Inviting them to share their opinion or inviting them to sit with you can make a huge difference.
- Practice kindness and empathy. Be curious about other people, get to know them better and really listen.
- Celebrate differences as well as similarities. Recognise and appreciate what makes each of us unique (cultures, backgrounds and experiences etc). Be respectful through our language and actions to include others.
- Speak with other people who are struggling with feeling they belong and encourage them to speak with a trusted person to support them.

# Who can you talk to at CHA?

- Any adult who works at CHA.
- You could share how you are feeling with your friend and they could speak to an adult on your behalf.
- Mental Health First aiders at CHA – see posters around school.
- The safeguarding team – see posters around school.

# Who can you speak to outside of school?

- Child Line: [www.childline.org.uk](http://www.childline.org.uk) Phone: 0800 1111
- Young Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Samaritans: [www.samaritans.org](http://www.samaritans.org) Phone: 116 123
- Shout: <https://giveusashout.org/> Phone: TEXT 'SHOUT' TO 85258
- HOPELINE: <https://www.thehopeline.com/> They have a live chat
- Kooth: <https://www.koothplc.com/>
- The Mix: <https://www.themix.org.uk/> Phone: 08088084994
- Young Minds: <https://www.youngminds.org.uk>



What is on  
this week?



# Overview of activities

Day	Lunchtime	Room
Monday	<ul style="list-style-type: none"> <li>○ reading club ' of Science discoveries and Scientists</li> <li>○ "Bring your own craft" colouring, crochet, sewing/cross stitch (not painting)</li> <li>○ Board games</li> <li>○ Silent reading and wellbeing colouring</li> <li>○ Mindful colouring/ origami class</li> </ul>	1D4 1A3 1C8 Library 1A4
Tuesday	<ul style="list-style-type: none"> <li>○ Just dance</li> <li>○ "Bring your own craft" colouring, crochet, sewing/cross stitch (not painting)</li> <li>○ Board games</li> <li>○ Silent reading and wellbeing colouring</li> <li>○ Mindful colouring</li> </ul>	Dance studio 1A3 1C8 Library 1A4
Wednesday	<ul style="list-style-type: none"> <li>○ Tik Tok dances</li> <li>○ "Bring your own craft" colouring, crochet, sewing/cross stitch (not painting)</li> <li>○ Silent reading and wellbeing colouring</li> <li>○ Mindful colouring</li> <li>○ reading club ' of Science discoveries and Scientists</li> <li>○ Head Student Committee cookie and chat (invite only) form time</li> </ul>	Dance studio 1A3 Library 1A4 1D4 Lower atrium
Thursday	<ul style="list-style-type: none"> <li>○ "Bring your own craft" colouring, crochet, sewing/cross stitch (not painting)</li> <li>○ Board games</li> <li>○ Silent reading and wellbeing colouring</li> <li>○ Mindful colouring</li> </ul>	1A3 1C8 Library 1A4
Friday	<ul style="list-style-type: none"> <li>○ Karaoke</li> <li>○ "Bring your own craft" colouring, crochet, sewing/cross stitch (not painting)</li> <li>○ Mindful colouring</li> <li>○ Silent reading and wellbeing colouring</li> <li>○ non school uniform - please bring in £1 donation -</li> </ul>	Hall 1A3 1A4 Library Whole school.

# Library

Please look at the display in the library and atrium with regards to ways to support your mental health.

Remember the library is a space for you to go and read/complete homework or revise. There will be mindfulness colouring templates available too.

We have lots of books on mental health in the library.

Please speak to Mrs Davenport if you would like to lend one of these.



# Mental health

Mental health is part of our everyday lives. It is connected to everything we do, every place we go, and every person around us.

Mental health is how we think, feel and act.

We all have mental health and need to take care of it.

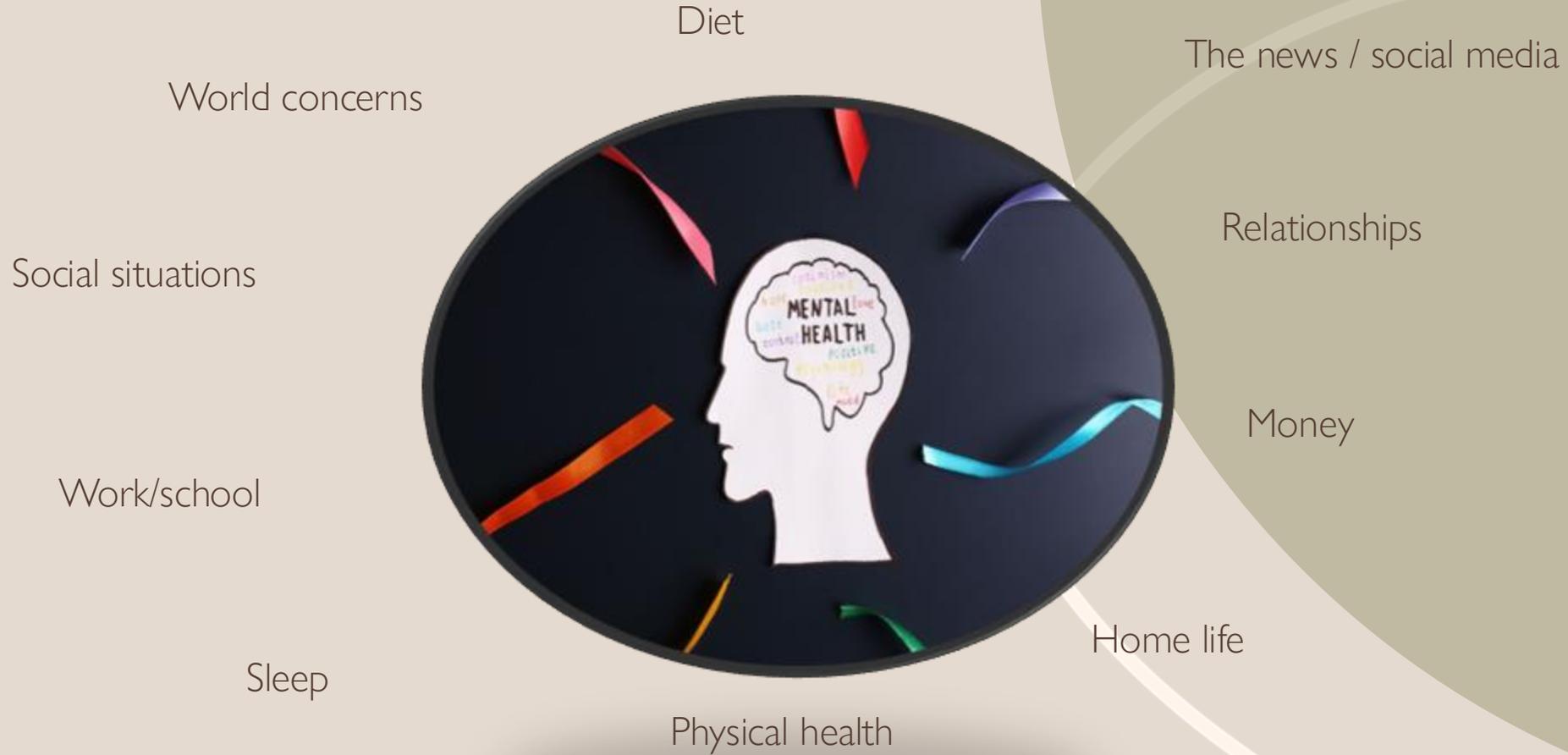
Our mental health can range from good to poor.

Poor mental health can affect anyone at anytime.

We may need help and support at different times in our lives.



# What impacts our mental health?



# When to ask for support

- If you are not feeling yourself.
- If you have been through or are going through something difficult.
- If you are finding it hard to cope with how you feel or with things in everyday life.
- If you want someone to know how you've been feeling.
- If you want or need help.

Whatever you're going through, you don't need to cope on your own.



The background features a light grey base with a faint, stylized fern leaf pattern in the upper left. Large, overlapping organic shapes in muted green and brownish-red are present. A white, wavy line curves across the bottom right.

Discuss: how  
can we enhance  
and support  
our mental  
health ?

# What is Mindfulness

*Mindfulness: Being present*

Mindfulness means paying attention to what is happening right here, right now

- Not dwelling on the past or worrying about the future
- Not judging our thoughts, feelings and body sensations
- Just noticing and observing them



Being present and calm

Key message: Mindfulness helps us slow down and be present in a busy world

# How Mindfulness Supports Well-Being

*Mindfulness can help with:*

Can reduce stress and anxiety

Improves focus and concentration

Helps you understand your thoughts and emotions

Supports better sleep and mood

Helps calm your mind and body

Key message:

*You don't need to change your thoughts — just notice and observe them.*



# Simple Mindfulness Exercise

*Try It Now: 60 Seconds of Mindfulness*

Sit comfortably and place your feet on the floor

Take a slow breath in... and out

Notice how your body feels

Listen to the sounds around you

If your mind wanders, gently bring it back and be present

Reminder:

*There's no right or wrong — just noticing.*



Using your senses to be present in the moment

# Using Mindfulness in Everyday Life

*Mindfulness You Can Use Anywhere*

Take 3 slow breaths before a progress check or exam

Focus on your breathing when feeling overwhelmed

Put your phone down and really notice what you can see, feel and hear

Check in with yourself: *“How am I feeling right now?”*

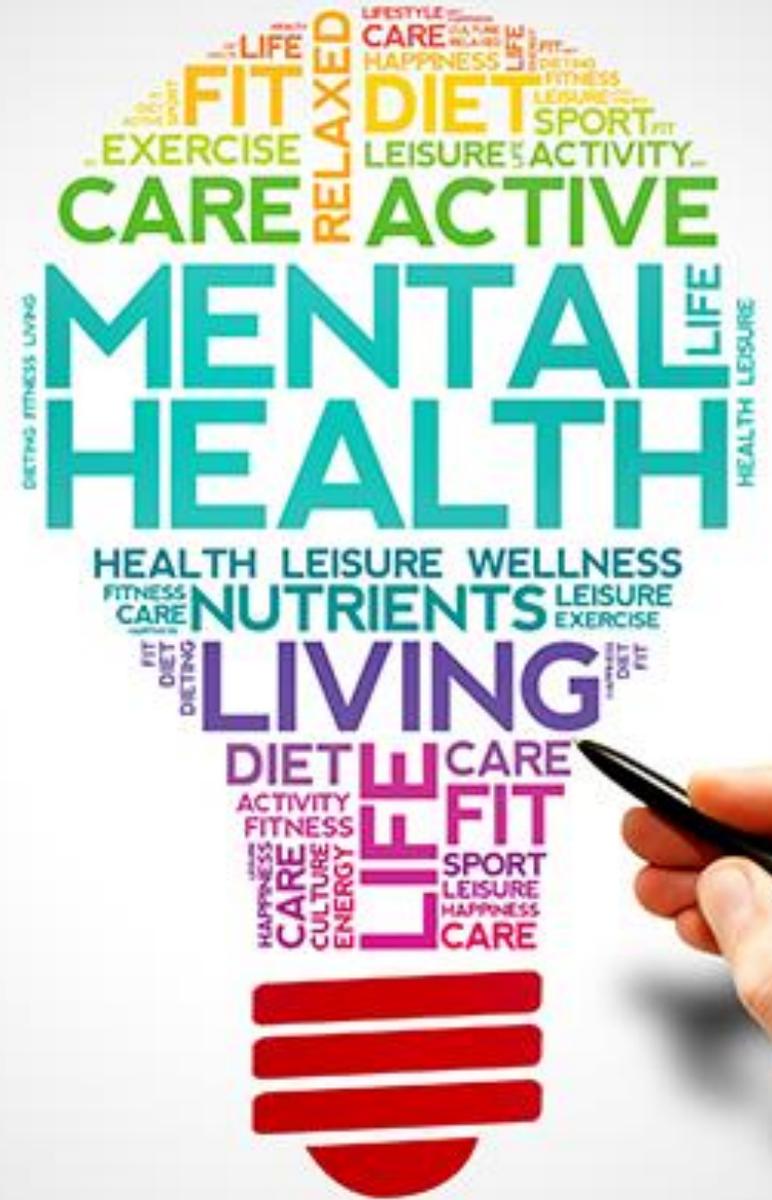
Closing message:

*Mindfulness is a skill — the more you practise, the easier it gets, and the calmer you feel!*

---

# Ideas to promote and enhance positive mental health

- Seek help/support from family, friends or professionals – talking to others and share your feelings/thoughts/concerns.
- Limit time on social media – set timers to remind yourself and use your time to do other things.
- Take time outside- being in nature can reduce stress and improve our mood.
- Establish a balanced routine- time for socialising, hobbies and school work can help prevent burn out.
- Positive self talk – try positive affirmations to enhance your sense of wellbeing.
- Volunteer within your community – to meet new people and to help others.
- Establish a healthy sleep routine, limiting screen time prior to sleep.
- Try to eat a balanced diet and drink 2 litres of water – to help regulate our mood and aid our physical health.





Have a  
lovely week

