



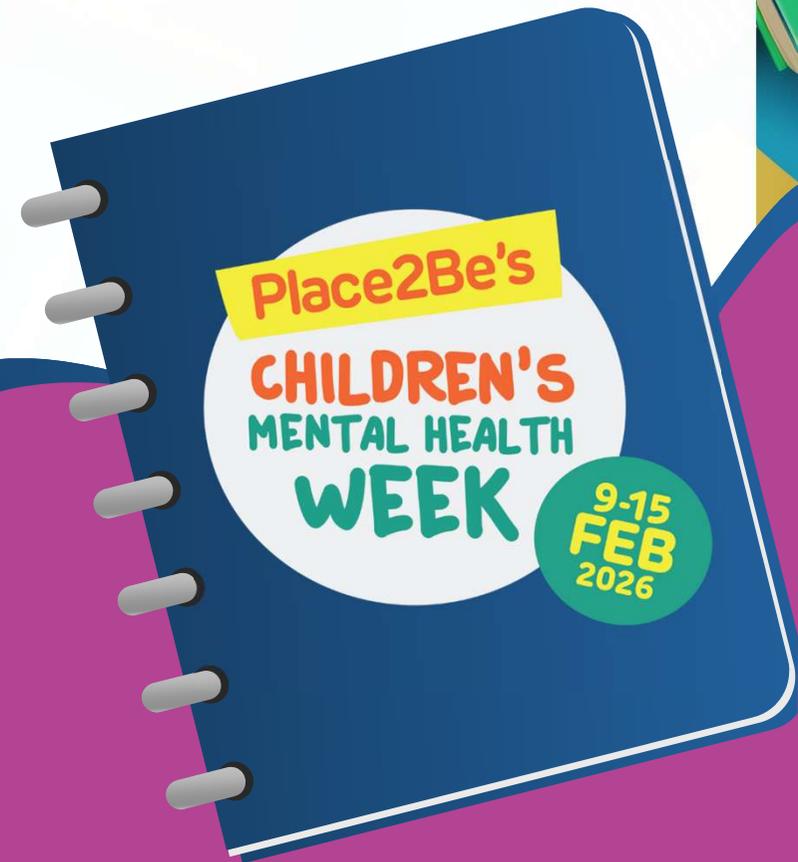
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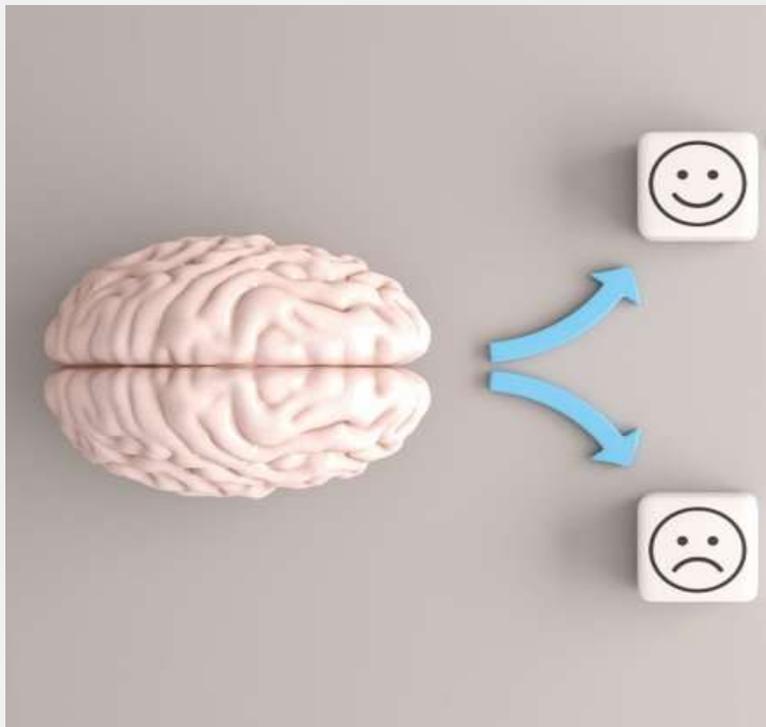
# Mental Health & Wellbeing

# Today's assembly

- Coming up is Children's Mental Health week (WC 9<sup>th</sup> February)
- Today's assembly focusses on what mental health & wellbeing is and support strategies for you
- The theme this year is '**This is My Place**' which is based around belonging and how we can feel a sense of belonging and help others feel like they belong.



# What is a Mental health and wellbeing?



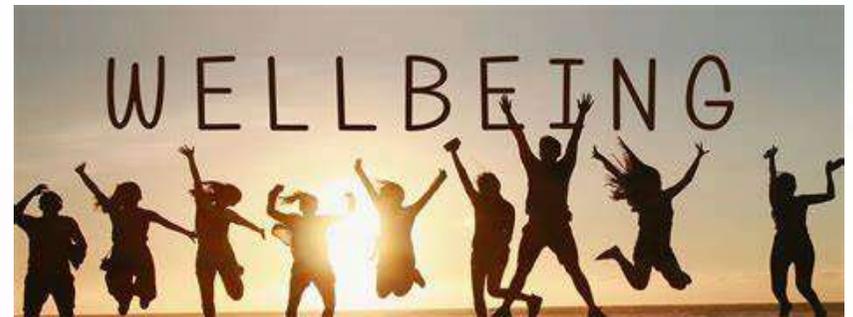
The World Health Organisation (WHO) conceptualises mental health as a "state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".

Mental Health & Wellbeing is all about understanding your feelings and having strategies to ensure resilience in everyday situations.

# What is the difference between mental health & wellbeing

**Mental health** refers to our emotional, psychological, and social wellbeing. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

**Wellbeing** is a broader concept that includes mental health, but also covers physical health, relationships, sense of purpose, and overall life satisfaction.



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# Why is Mental Health & Wellbeing important?

## **Academic Success**

Good mental health helps students concentrate, stay motivated, and perform better in school.

## **Emotional Resilience**

It supports students in managing stress, anxiety, and pressure—especially during exams or social challenges.

## **Healthy Relationships**

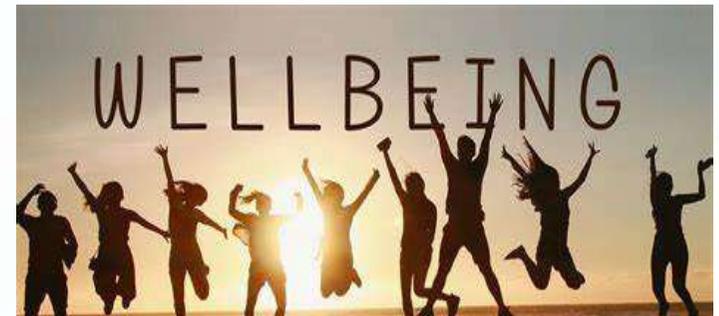
Positive wellbeing encourages kindness, empathy, and better communication with peers and teachers.

## **Self-Esteem and Confidence**

When students feel mentally well, they're more likely to believe in themselves and take on new challenges.

## **Long-Term Health**

Developing good mental health habits early can lead to a healthier, happier life in adulthood.



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# What do we do to support your mental health & wellbeing?

- Highlight and take part in activities for Children's mental health week
- External speakers, such as Kooth, Loudmouth & Guiding Young Minds
- PSHE lessons on wellbeing and mental health
- PSHE drop down mornings
- Mindfulness Monday activities
- Trips
- Extra curricular activities
- Physical Education lessons
- Recognition programme to highlight and promote student success (ASPIRE points in lessons, rewards pod, termly awards and end of year awards evening)
- Passport to Greatness award in KS3 to reward success
- Oracy programme to allow students to be heard
- Student leadership opportunities (e.g. student council representatives, tutor monitors, anti-bullying reps, student librarians, reading mentors)
- Peer mentoring from Post 16 students
- Community interventions
- Eco representatives
- Restorative justice programme
- Counsellor
- Safeguarding team
- Personal Organiser – advice from Mind (pages 167-174)
- Mentoring by school staff
- Anti bullying work (such as anti-bullying week and processes to support)
- Regular student council meetings to allow students to discuss issues that are important to them, encourage active citizens and to support their wellbeing

The theme this year for Children's mental health week is **'This is My Place'** which is based around belonging and how we can feel a sense of belonging and help others feel like they belong.

### BELONGING

'Feeling that you have a place where you are always welcome and valued as either place or set of people'

### BELONGING

'Feeling included, not left out'

### BELONGING

'Feeling like you fit in and feeling comfortable'

- **Belonging is emotional safety.**

It's the knowledge that you can be yourself without being judged.

- **Belonging is participation.**

It's having access to activities, conversations, decisions, and rituals that shape the group.

- **Belonging is recognition.**

It's being known for who you are and having that matter to others.

Belonging is not the same as fitting in. Fitting in asks you to change to match the group. Belonging asks the group to change so you can be yourself.

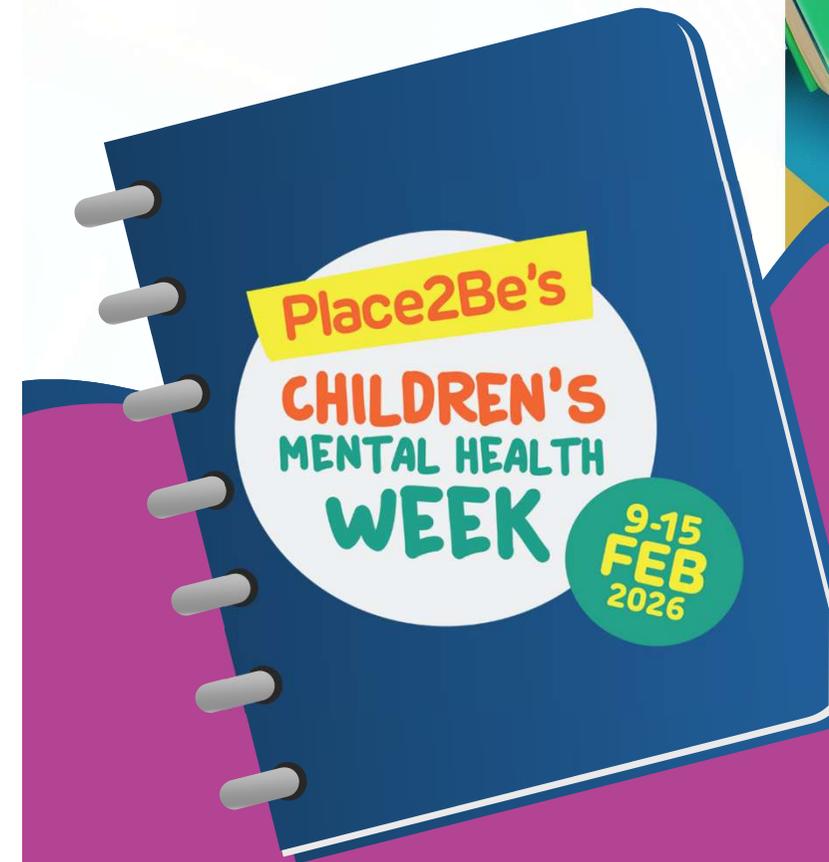
# What is belonging?

# WE WILL ALL HAVE HAD TIMES WHEN WE FELT WE BELONGED AND TIMES WHEN WE DIDN'T.

## How can we help ourselves to feel we belong?

### Top tips from other young people

- 'Finding a place where you feel valued and welcome or people that make you feel this way'
- 'By engaging in activities that you enjoy'
- 'Try and make friends'
- 'Have an adult to talk to when not happy'
- 'Spending time with friends.'
- 'By being more kind to people and pushing yourself outside of your comfort zone to try new things and meet more people.'
- 'By talking to people about feelings.'
- 'Being around people you enjoy being with'



# Five strategies for wellbeing

PILLAR	ACTION	BENEFIT
Sleep	Regular bedtime, limit screens	Improved focus and mood
Move	Exercise or active hobbies	Reduces stress, boosts energy
Connect	Talk to friends or family	Emotional support, belonging
Switch Off	Break from screens	Calms mind, reduces anxiety
Purpose	Pursue hobbies or goals	Builds confidence and resilience



# Five strategies for during exams



# Where can you go for support?



ChildLine

**k childline**

**ONLINE, ON THE PHONE, ANYTIME**

Free, safe  
a huge li

Telephone: 0800 1111

Join Koo

Email (By signing up for free): [Login | Childline](#)

1-1 Counsellor Chat: [1-2-1 counsellor chat | Childline](#)

Message Boards: [Message boards | Childline](#)

A free and confidential 24 hour helping for children and young people who need to talk about anything. Contact via phone, email or 1-1 chat with a counsellor. They provide message boards for young people to support each other.

A 24 hour free text service for all struggling to cope and needing support.

Text SHOUT to 85258

[Free, 24/7 mental health text support in the UK | Shout 85258 \(giveusashout.org\)](#)

*To finish....*

- Mental health & wellbeing is as important as physical health
- Speak to a member of staff if you need support
- Use the strategies provided to you to support your wellbeing
- Be kind to each other and make everyone feel a sense of belonging