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This policy has been reviewed on 25/07/2023 and has been impact assessed in the light of all other school policies and the Equality Act 2010.			

Child-Friendly Mental Health and Emotional Wellbeing Policy



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Mental Health and Emotional Wellbeing

At Etwall Primary School, we promise to help you understand your emotions and feelings better so you can be happy and confident in school. This policy has been written by the Anti-Stigma Ambassadors to show you how you can help your own emotional wellbeing and ensure you feel comfortable sharing any worries or concerns. This policy also, signposts you to where you can access further support if you need to.

It is important to remember that we all go through life's 'ups and downs' and at times this can be overwhelming. It is OK to ask for help and have a little more emotional support when we need it.



1. What does it mean?

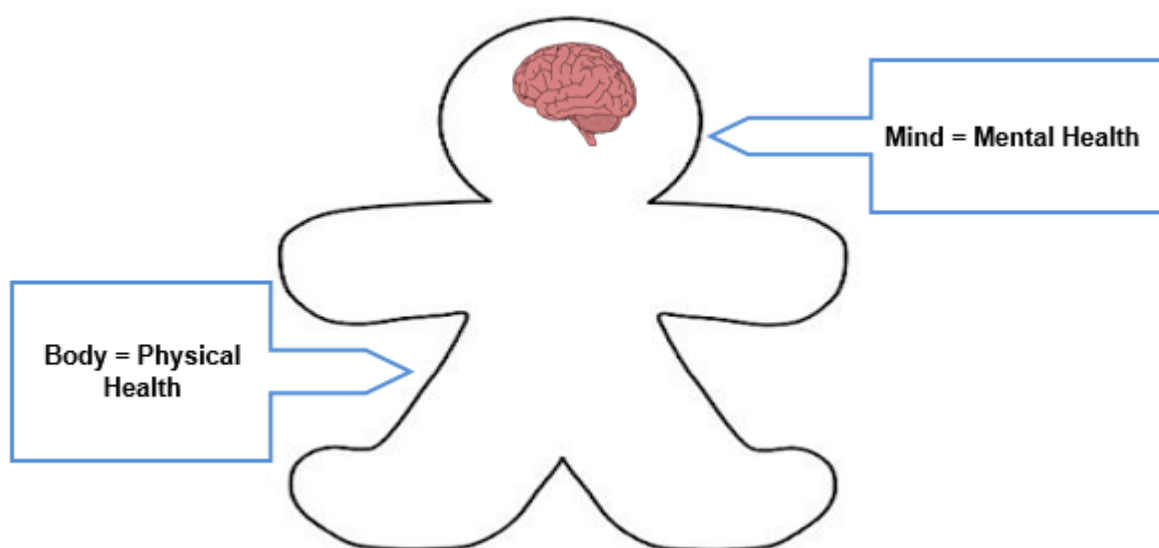
We all have Physical and Mental Health.

Important Fact: The body and mind are connected.

If we are struggling with our physical health this can affect how we feel = our mental health.

If we are struggling with our mental health this can also affect our bodies = our physical health.

By looking after our Mental Health and Physical Health we can improve how we feel = wellbeing.



Mental wellbeing is about feeling good. Feeling that life is going well, and feeling able to get on with everyday things.

To be able to deal with life's ups and downs; to be able to learn; enjoy friendships; to meet challenges and to develop talents and capabilities.

Everyday Feelings

We all have lots of feelings that come and go everyday.

For example, feeling excited about a present; nervous about going back to school or frustrated because you missed a penalty.

Everyday feelings can feel very strong and intense at times, they can feel uncomfortable sometimes but this is normal for everyone.



Big Feelings

Big feelings can change how we think, feel and behave, how we see the world and how we get on with other people. They can affect our mental health and can be really serious for some people, they can make someone feel lonely or overwhelmed by the feeling.



2. Who can we talk to?

Remember if your feelings are getting too big to cope with on your own and you feel you want to change things...



...talking to someone you trust might really help.

This could be:

- The Headteacher
- A teacher
- Your parents
- Another member of staff
- Anti-Stigma Ambassadors

3. How does our school teach us about mental health and wellbeing?

At Etwall Primary school, we have weekly PSHE lessons. Topics include exploring our emotions and being healthy which covers both physical and mental health. We have PE lessons at least twice a week. As part of the REAL PE Curriculum, we learn about the importance of being healthy and staying fit.

We have assemblies throughout the year, which focus on emotional wellbeing.



We are a SMILERS School



Have you ever heard of the 5 ways to wellbeing?

The Five Ways to Wellbeing are some simple little things, we can choose to do every day to help with our wellbeing. This can make us feel happier and cope better with daily life and the challenges we all face.



SMILERS have used the Five Ways to Wellbeing and adapted it, so it is easier to remember and have added two other areas, which are also important to maintain good wellbeing and these seven ways to wellbeing are called SMILERS.

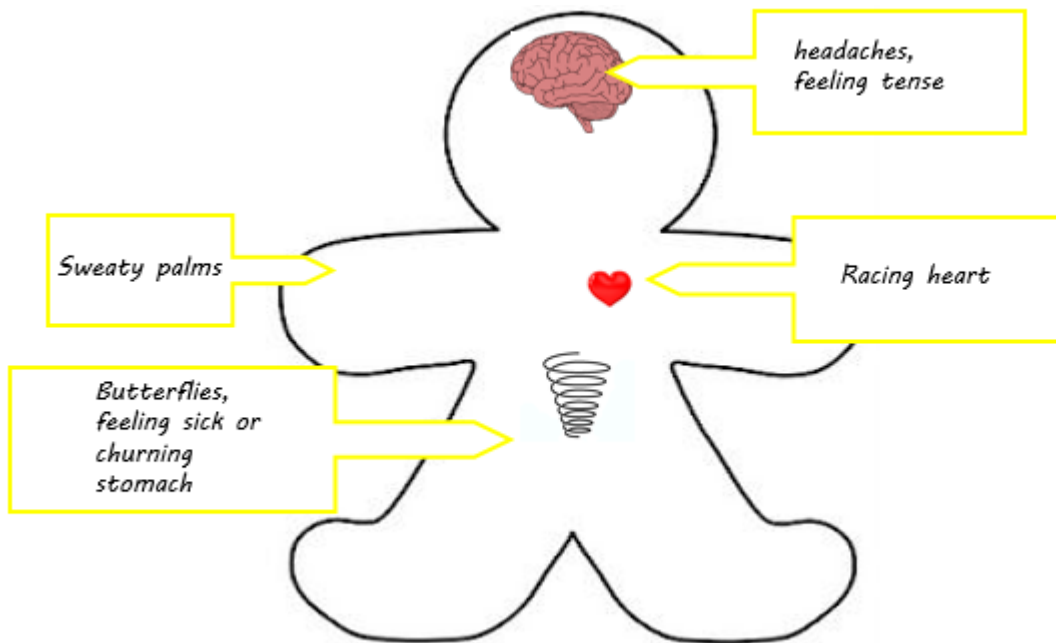
Etwell Primary School launched SMILERS in March 2022 and the Anti-Stigma Ambassadors plan wellbeing activities throughout the year to keep SMILERS alive.



Anti-Stigma Ambassadors lead and champion mental health and wellbeing in school. They run activities in school teaching their peers how to stay mentally healthy and make displays and posters to share anti-stigma messages.

In school, we also have ELSA, Positive Play and Outdoor Nurture support if we need it. We sometimes do the 'Zones of Regulation' intervention and every class has a SMILERS station and worry box.

4. How do we know when we are not OK?



Feel like shouting or crying

Trouble falling asleep or staying asleep

Falling out with our friends and family more often

Feel more tired



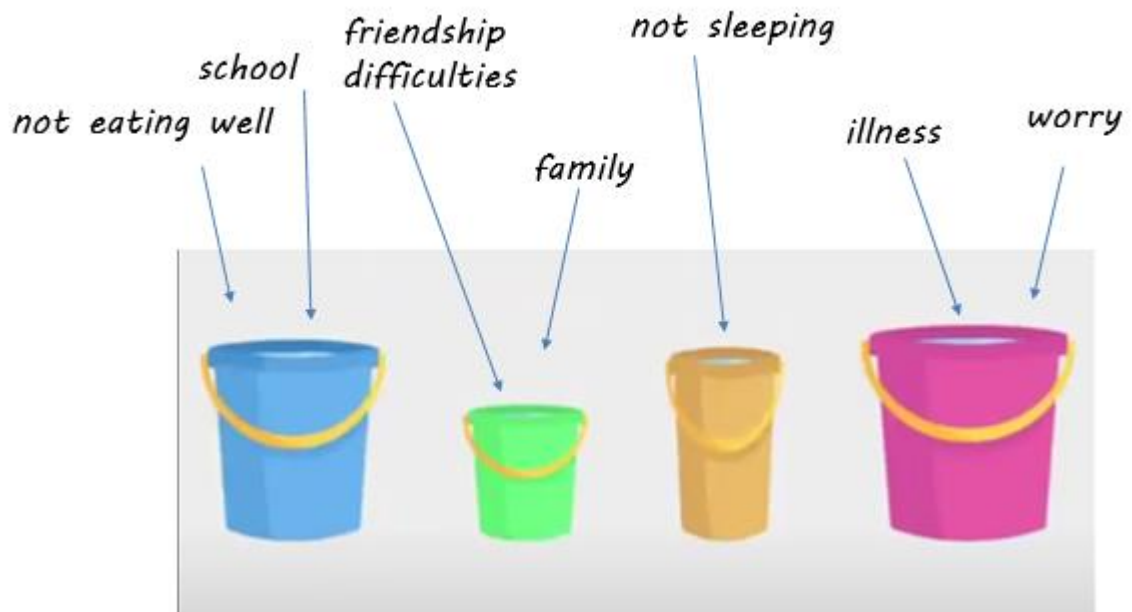
Find it difficult to concentrate

Might not feel like you enjoy the things that are important to you (clubs, hobbies)



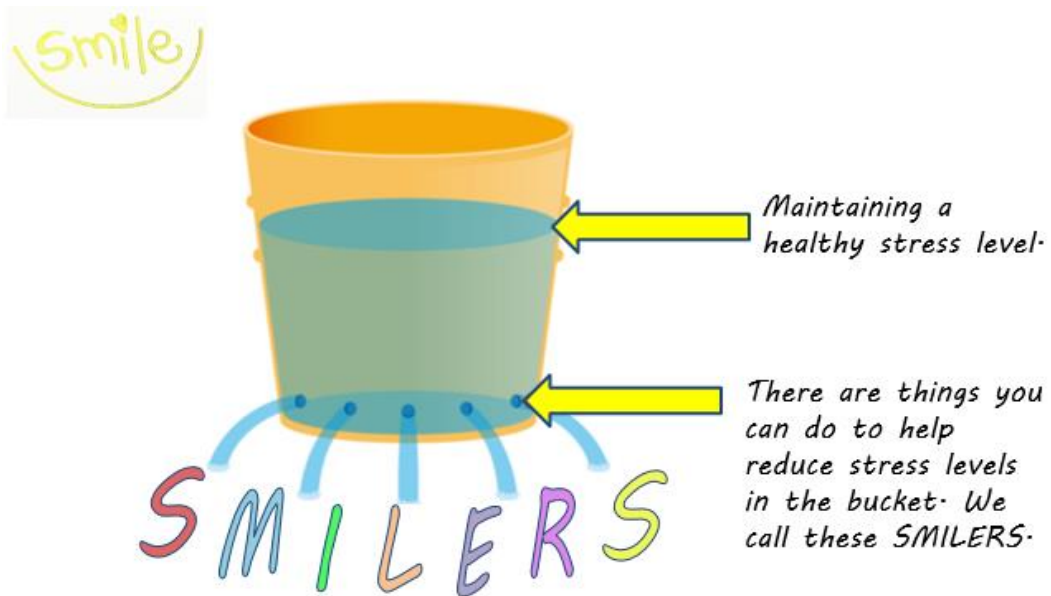
Lots of different things can make us feel stressed. Too much stress can cause our stress bucket to overflow.

What could fill a stress bucket?



5. What can we do to look after our own mental health?

Ways to manage our stress bucket.



SMILERS

Stay Connected



SMILERS

Move



Move your mood!

Exercise helps us to feel happier, more confident and helps our general wellbeing.



SMILERS

Interest

Take an interest in your hobbies, learn new skills or start something you're interested in.



- ★ Learn a magic trick
- ★ Learn to cook something new
- ★ Learn how to say 'hello' in different languages

SMILERS

Look

Taking notice of the here and now

Start a happiness jar

Try some relaxation activities

Go for a scavenger hunt when you're out on a walk

Cloud spotting

Have some quiet time and do something you enjoy like colouring, puzzles or reading

SMILERS

Eat

Looking after our physical health really helps us to look after our mental health too.

Eating the right foods and drinking enough water helps keep our bodies tip top!



Eat

A 5 a day challenge!

Can you eat 5 different fruit and vegetables in a day?

How many days in a row can you do it for?



SMILERS

Rest

Sometimes when we are worried or stressed we find it difficult to rest, relax and sleep.

Getting enough rest and getting enough sleep helps your body and brain to recharge.

There are things we do that can help us rest and relax.

What to do instead of screens before bedtime:

- Play a calm board game
- Colouring and drawing
- Puzzle books- word searches and sudokus
- Read a book
- Listen to a book
- Listen to calming music
- Have a bath

SMILERS

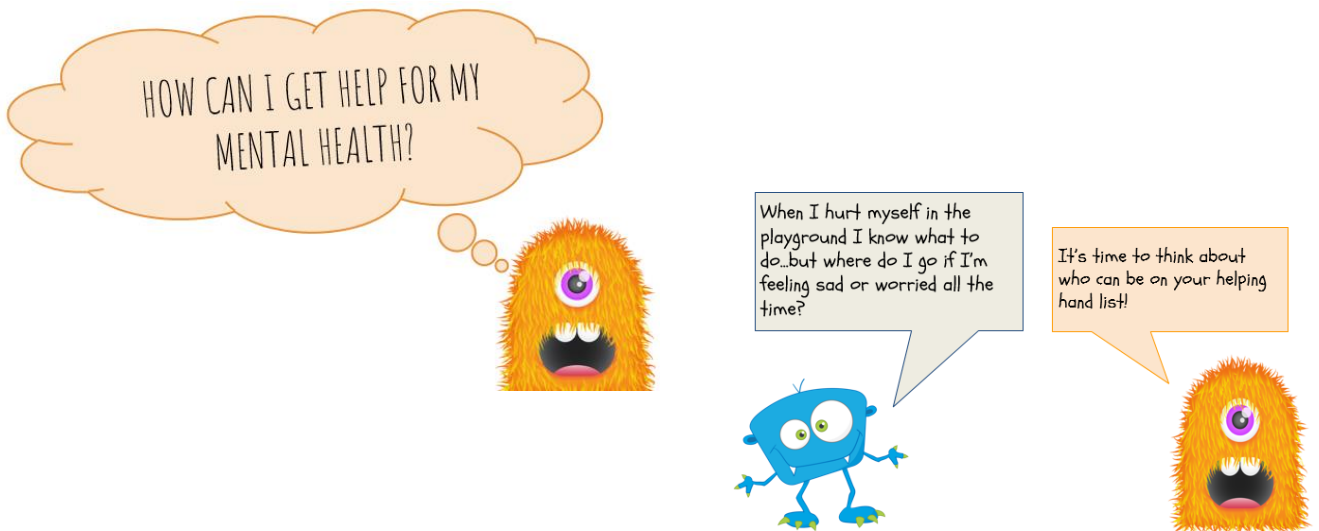
Support

Supporting the people we care about can help us feel good.



- 😊 Say thank you
- 😊 Smile
- 😊 Make gifts for friends and family
- 😊 Learn a funny joke or fact and tell somebody else
- 😊 Help somebody at home

Remember we have to support ourselves too. Think of all the new things you've learned that can help you to support and look after yourself.



Our worries can sometimes feel really big and they weigh us down.

Or we might think our worries are really silly. This can make us feel like someone wouldn't understand them.

But if we keep our worries to ourselves they can get bigger and heavier.

TALK TO A HELPING HAND

No worry is too big or too silly to talk to about to someone you trust, one of your helping hands.

Talking to someone about how you feel helps.

You don't have to carry the weight of your worries alone!

What is it that's worrying you?



WHO CAN BE A HELPING HAND?

Home

Mum
Dad
Step mum or dad
Older brother or sister

School

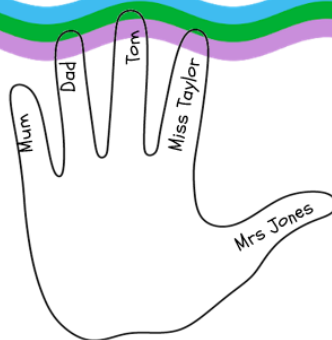
Teacher
Teaching assistant
Headteacher
Dinnertime supervisor

Other Ideas

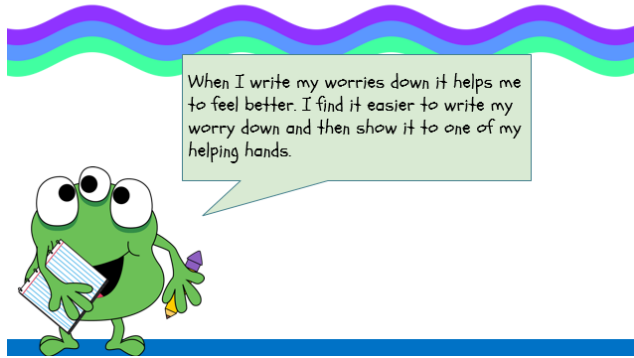
Grandma or Grandad
Auntie or Uncle
Brownie Leader
Football Coach

WHO MAKES UP YOUR HELPING HAND?

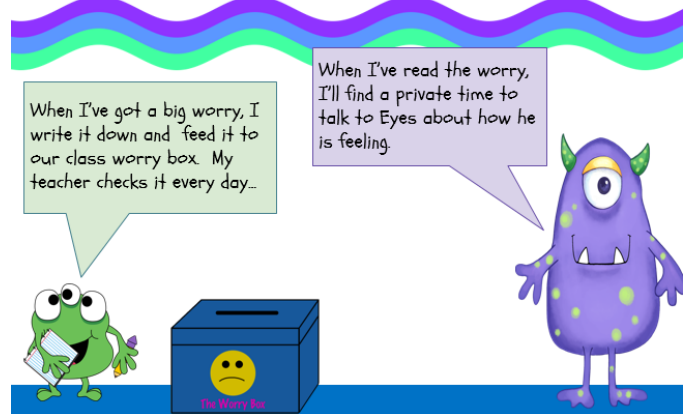
When I feel worried, I look down at my hands (they are under my fur!) and think about the 5 people who can help me!



WHAT IF SAYING SOMETHING FEELS TRICKY?



FEED YOUR WORRIES TO THE WORRY BOX



6. How can we help our friends and other children in our school?



TOP TIPS TO 'BE A MATE'

- M** Make them laugh 
- A** Ask "Are you ok?" 
- T** Treat them to a compliment 
- E** Everyday Acts Of Kindness! 

M MAKE THEM LAUGH!

Did you know?
Scientists have proven that laughter is good for you! Laughter makes our brains release chemicals called endorphins which make us feel happy. Laughter also relaxes your muscles so you feel chilled out!



M MAKE THEM LAUGH!

Tell a joke!

Tell a story!



Do a dance!

Sing a song!

A

ASK "ARE YOU OK?"

Your friends that seem quiet.
Your friends that seem sad.
Your friends that seem happy.
Your friends that seem mad!
Be a mate and ask!
Are you ok?

A

ASK "ARE YOU OK?"



Listen first! (If they want to talk)

Then try to cheer them up. Make them laugh or try to take their mind off things by doing something together you know they like.



T

TREAT THEM TO A COMPLIMENT



My, what lovely eyes you have!



T

TREAT THEM TO A COMPLIMENT

Everybody loves to hear something good about themselves. It boosts their mood.

But did you know? When people are given a compliment or when they are the person giving the compliment, they perform better!



E

EVERYDAY ACTS OF KINDNESS



E

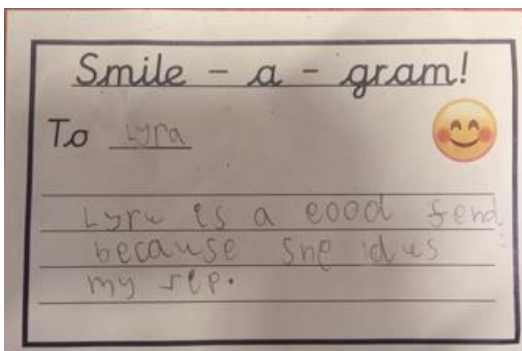
EVERYDAY ACTS OF KINDNESS

Send a friend a letter or a card

Help your mum or dad with a job.

Bake something for a family member

We could try these ideas in school.



7. What can we do if we need further support?



ChildLine is a free, private and confidential service where you can talk about anything.

<https://www.childline.org.uk/about/about-childline/>



YOUNGMINDS provide young people with tools to look after their mental health. Their website is full of advice and information on what to do if you're struggling with how you feel. They give young people the space and confidence to get their voices heard and change the world they live in. Together, their vision is to create a world where no young person feels alone with their mental health.

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