Positive Mental Health and Well-being Support

Issue 1

Positive mental health and well- being is feeling happy and healthy. Being able to cope well with challenges and difficulties we may face. At Palfrey Junior School we want our whole school community to feel happy, healthy and confident. We want to give children the opportunity to speak about their feelings and learn how to look after and nurture their own mental health, this is why we have introduced weekly 'wonderful well-being 'activities. Each week children will learn about and complete work on one of the 6 areas described below. *(These have been based on the NHS' 5 Ways to Well– Being).* The aim of our Mental Health and Well-being Newsletters are to give you information about ways to improve and nurture your own well-being , as well as tips, links and ideas for you to try at home individually or as a family. We hope you find these a useful resource.

Be Resilient
Learning to bounce back and not give up .

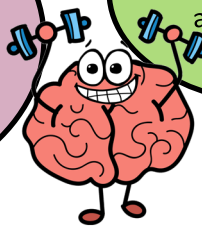
Marvellous Me
Celebrating personal qualities , uniqueness , achievements & talents

Be Active
Being fit, healthy and having good routines help us feel good!!

Weekly 'Wonderful Well -being' Areas

Be Connected
Having positive relationships with others .

Mindfulness
Being aware & taking notice of surroundings & feelings. Learning to be relaxed and calm.



Growth Mindset
Be a positive learner and keep learning new things.

mind for better mental health

Have a look at our useful links for more information, helpful advice and activities you can do at home.

Ask yourself where are you on the mood scale today?

https://www.mindkit.org.uk/5-ways-to-wellbeing/

https://www.childline.org.uk/toolbox/calm-zone/

https://www.annafreud.org/on-my-mind/self-care/

https://www.palfrey-j.walsall.sch.uk/well-being-and-mindfulness-activities/

https://youngminds.org.uk/find-help/for-parents/

1-3 =Please talk to someone, a parent/carer, older sibling ,friend or a teacher about how you are feeling.

4-6 =Try doing an activity from our website or visit the CalmZone /Anna Freud and hopefully this will help you back on track and move up a level!

7-10 = You are feeling good, keep doing what you are doing! Share that smile!