

## What is Mental Health?

Mental Health and Wellbeing is how we feel, think and act. It is important to all of us, at every stage of our lives from childhood through to adulthood.

### This half term:

6<sup>th</sup>-13<sup>th</sup>

February:  
Children's  
Mental Health  
Week



During this week, we will be discussing with the children the importance of looking after our mental health. Children will be taking part in activities and finding out ways of improving mental health.

At Sketchley, we support children's Mental Health in a number of different ways including weekly PSHE lessons, positive praise, building character muscles, ELSA groups and worry boxes.

### **Why is Mental Health important?**

Mental health problems affect around one in six children. They include depression and anxiety and are often a direct response to what is happening in their lives. Children's emotional wellbeing is just as important as their physical health. Good mental health develops their resilience to cope with whatever life throws at them and to help them grow into well-rounded healthy adults.

### **How can I support my child's Mental Health?**

**Find time to talk, just the two of you** – 'Check in' with them while you're doing things together, so they get used to talking about their feelings.

**Play together** – Play helps them to be curious, learn new things, solve problems and express feelings without words.

**Be a role model** – Show how you cope with difficult feelings and look after yourself.

# WELLBEING NEWSLETTER

## This year's theme: Let's Connect

It is not just our Child's Mental Health we need to look after. Here are some ways to look after ourselves:



***Laughter is the best medicine:***

*Q: Why couldn't the leopard play hide and seek?*

*A: Because he was always spotted.*

### Websites

These websites give help and advice for looking you and your families Mental Health.

- [Young Minds](#): Here parents and carers can access a range of advice from an A-Z guide to support, parents survival guide, starting a conversation with your child and more.
- [Anna Freud Centre](#): this page provides advice for parents and carers on how to talk about mental health with primary age children.
- [MindEd for families](#): lots of tips, information and advice on how to support children's mental Health
- [Health for Kids Grownups](#): provides support for parents and carers on healthy minds, healthy bodies, health issues and support service

### Sketchley Hill's Wellbeing Team



Mr  
Tarrant



Mr  
Cader



Mrs  
Quinn



Mrs  
Roe



Miss  
Evans



Mrs  
Lewis



Mrs  
Birkett

Please contact us if you need any help!