



Five words to describe you at your best.

Describe your best day.

What breathes life into you when you are performing at your best?

What are the challenges you face?

Emotional Health & Wellbeing



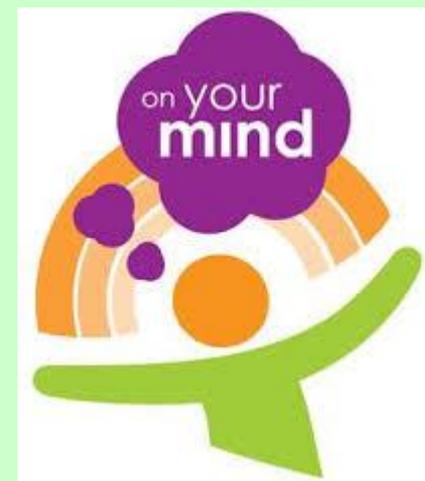
What does this mean to you?

Prevalence of Mental Health and Emotional Wellbeing Issues

- 1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder - that is around three children in every class.
- Between 1 in every 12 and 1 in 15 children and young people deliberately self-harm.
- There has been a big increase in the number of young people being admitted to hospital because of self harm. Over the last ten years this figure has increased by 68%.
- More than half of all adults with mental health problems were diagnosed in childhood. Less than half were treated appropriately at the time.
- Nearly 80,000 children and young people suffer from severe depression.
- The number of young people aged 15-16 with depression nearly doubled between the 1980s and the 2000s.
- Over 8,000 children aged under 10 years old suffer from severe depression.
- 3.3% or about 290,000 children and young people have an anxiety disorder.
- 72% of children in care have behavioural or emotional problems - these are some of the most vulnerable people in our society.

The World Health Organisation's definition of mental health and wellbeing is...

“ a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”. 2014

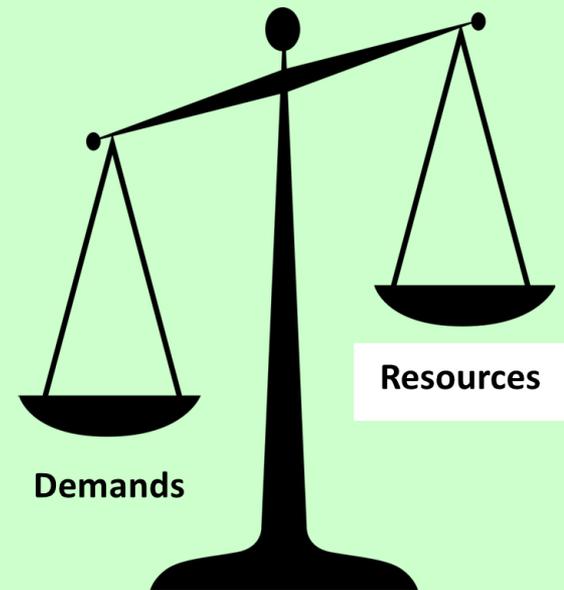


What can you do to ensure your child has a good start to the day?



What is stress?

- Stress is your body's reaction (emotional & physical) to a stressor or a number of stressors
- A stressor is quite simply anything that adds pressure, worry or physical problems
- We tend to feel stressed when the demands we face seem to outweigh our resources to cope



What might cause stress in children?

- Stress in the family
- Relationship problems
- Bereavement
- Changing schools
- Ill-health
- Moving house
- Bullying
- Growing up
- Holidays
- Exams



Signs to look out...



- Isolation from friends and family and becoming socially withdrawn
- Changes in activity or mood or eating/sleeping habits
- Non-compliant, disruptive or aggressive behaviour
- Falling academic achievement
- Talking about self-harm or suicide
- Expressing feelings of failure, uselessness or loss of hope
- Secretive behaviour
- An increase in lateness or absenteeism
- Not wanting to do PE or get changed for PE
- Wearing long sleeves in hot weather
- Drugs or alcohol misuse
- Physical signs of harm that are repeated or appear non-accidental
- Repeated physical pain or nausea with no evident cause

Balance





healthy
body

+



healthy
mind

=



happy
life

Our role is to

- Contribute to promoting good emotional wellbeing among all pupils
- Play a part in recognising potential emotional health needs
- Refer those pupils on to relevant professionals for support
- Support pupils in the school environment with their learning

An emotionally healthy school

- Adopts a whole school approach to wellbeing
- Helps children flourish, learn and succeed by providing opportunities for them, and the adults around them, to develop the strengths and coping skills that underpin resilience
- Sees emotional health and wellbeing as fundamental to its values, mission and culture
- Is a school where everyone works together and are committed to a whole school approach

Curriculum Week
Healthy Mind and Healthy Body
Emotional Health and Wellbeing



Science – food / healthy diet / healthy gut / teeth / sleep

PE – exercise, warm-up, relaxation

PSHE – mindfulness, kindness, zones of regulation, thought for the day, reflection

10 keys to happier living (website)

Colour commute – notice 1 colour

Choose your words wisely – happiness, joy, excitement

Hunt 3 good things – e.g. sunshine

Interview loved ones – favourite memory, hopes and dreams

Smell something lovely – roses, coffee, freshly baked bread

Learn something new

RE – values, tolerance

Importance of meditation in religious practices

RSE – relationships, friendships, respect, trust, basic first aid, keeping safe

IT – online safety

Music – relaxation, energising, team work