Pupil Friendly Mental Health Policy

What is Mental Health?

Mental Health in childhood means reaching developmental and emotional milestones, learning healthy social skills and how to cope when problems arise. Mentally healthy children have a positive quality of life and can function well in all aspects of their life.

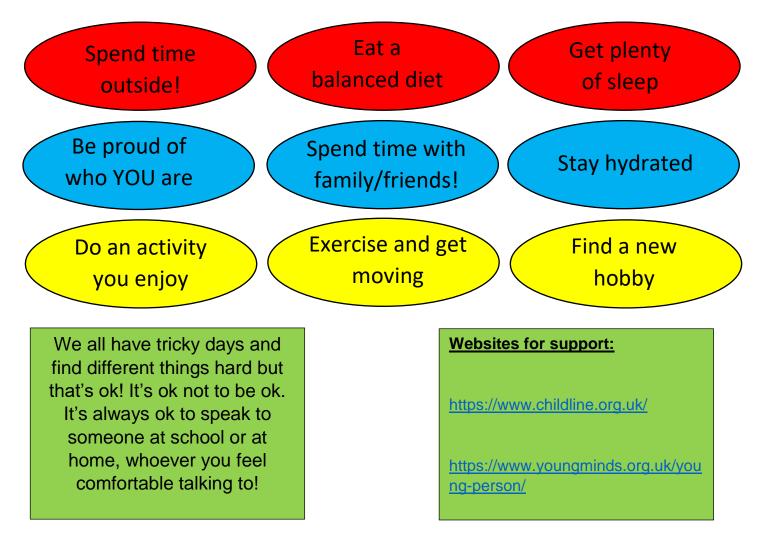
Many things can affect a child's mental health and therefore they may display some challenging or unwanted behaviours. These things could be school stress, friendships, family circumstances or low self-esteem.

Our Aims at Rossett Acre

We want all our children to:

- Feel confident in themselves
- Be able to express a range of emotions appropriately
- Be able to make and maintain
 positive relationships with others
- Cope with the stresses of everyday life
- Manage times of stress and be able to deal with change
- Learn and achieve
- Develop resilience in the face of challenges.

What can you do to support your own mental health?



Rossett Acre Primary School



