

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?

Spend time outside!

Eat a balanced diet

Get plenty of sleep

Be proud of who YOU are

Spend time with family/friends!

Stay hydrated

Do an activity you enjoy

Exercise and get moving

Find a new hobby

We all have tricky days and find different things hard but that's ok! It's ok not to be ok. It's always ok to speak to someone at school or at home, whoever you feel comfortable talking to!

Websites for support:

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

<https://www.youngminds.org.uk/young-person/>