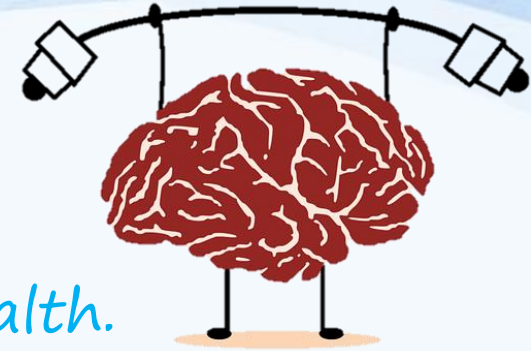
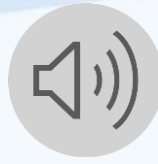


A stylized, colorful illustration of a landscape. The foreground features rolling green hills with a brown path. On the left, there is a green tree, a purple flower, and an orange flower. A red bird is flying in the sky. The background consists of layered blue and white waves, suggesting a sky or water. The overall style is clean and modern.

# Mental Health Awareness Week


15th - 21st May 2023

# What is mental health?



- Just as we have physical health, we also have mental health.
- We can have days when our physical health is poor and days when it is good – the same applies for mental health.
- Some people have long term physical health problems, and some people have long term mental health problems.
- When someone has a physical health problem, we know that they may face challenges in day-to-day life, and we respect this and support them.
- It is the same for someone who has mental health problems. This means we should give the same support to them!



Think about an iceberg, what is shown and what is hidden? 

We don't know everything going on with people, and it is important to check in with our friends and peers as well as looking after ourselves.



# How can we make a difference?




One of the best things we can do for someone who needs a bit of extra support is to listen to them.

Think about:


- are you a good listener?
- do you give your friends opportunities to tell you how they feel?
- do you feel listened to? (if not, why?)



Another important part of keeping mentally healthy is having a good support network!! 

Think of at least three people you trust or feel you would be able to talk to during a tough time (friends, teachers, family...)?



This year as part of Mental Health Awareness Week we are focusing on Kindness 

As humans we change and grow!  
We do it all the time and in many ways.

For us to be able to support each other through these changes we need to be kind.

Whether it's holding the door or helping a friend with something they are struggling with in class, it can positively affect a person's day.

These gestures no matter how big or small are important in making sure that people feel supported and cared for.



# Why is being kind is important?



- Acts of kindness can make the world a happier place for everyone.
- They can boost feelings of confidence, happiness and optimism.
- They may also encourage others to repeat the good deeds they've experienced themselves.
- All this contributes to a more positive school community.



## Positive Shoutouts

This week we will see the return of our positive shoutouts

Who do you know that deserves a shout out?

Use this QR code to submit in your shoutouts!



# Thanks for listening!

Remember the support systems already in place within the school!

- Support Staff
- Health and Wellbeing Champs (Senior students)
- Mental Health First Aiders (Teachers wearing purple lanyards)
- Mentors in Violence Protection (Senior students)
- The School Councilor, Folke – In school Tuesday/Thursday, all day and Wednesday morning. See Pupil Support to request a time

