



Children's Mental Health Week at Smarden

Theme: Let's Connect

Human beings thrive in communities, and this connection is vital for our wellbeing, a

When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

<https://www.childrensmentalhealthweek.org.uk/news-and-blogs/2022/october/place2be-announces-theme-for-children-s-mental-health-week-2023/>

Monday 6th	<ul style="list-style-type: none"> Let's Connect Launch Assembly 9:15am - led by Mrs Taylor and Jigsaw Leaders.
Tuesday 7th Theme: Want to talk about it?	<ul style="list-style-type: none"> 9am KS2 Connect online - Safer Internet Day Assembly. Led by Online Safety Leaders. 9:15am EYs and KS1 Connect online - Safer Internet Day Assembly. Led by Online Safety Leaders. 2:30pm Online Safety Parent Workshop.
Wednesday 8th	<ul style="list-style-type: none"> 9:15am Connect through clubs assembly - led by the children.
Thursday 9th	<ul style="list-style-type: none"> 1:30 - 2:30pm Connect through drama - house performance competition rehearsal. Connect with the community - open Classroom.
Friday 10th	<ul style="list-style-type: none"> 9:15am Connect through dance - watch each class perform their dance. 2:30pm Connect through drama - house performance competition.

Each class to learn about one of the 6 principles of nurture with Mrs Miller and Mrs Avery. Please book in a session.

Parents: Top tips for parents to be shared on Dojo. Family fitness fun 8.30am on Monday, Tuesday and Wednesday on the Minnis field.

Expectations:

- Complete at least 1 of the age appropriate classroom activities from the link below: <https://www.childrensmentalhealthweek.org.uk/schools/primary-age-activities/>
- Provide at least one piece of work for the mental health display going in the hall by Thursday 3:45pm e.g. photos, work from the activities completed in the classroom, poster, quotes from the children. Please give to Mrs Taylor.
- Complete at least 1 of the age appropriate Safer Internet activities from the link below: <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/educational-resources>
- Provide at least one piece of work for the online safety display in the hall by Thursday 3:45pm e.g. photos, work from the activities completed in the classroom, poster, quotes from the children. Please give to Mrs Taylor.



Department of Education - Our Statutory Duty at Smarden

Health Education: Health

- Have the information to make good decisions about their own health and wellbeing
- Know when and how to seek help for themselves and others
- Understand that physical health and mental wellbeing are interlinked
- Promotion of self-control, ability to self-regulate, and strategies for doing so
- Develop confidence and respond positively to set-backs
- Reduction of stigma and foster openness

Health Education: Mental Well-being

- Teaching about **mental wellbeing** is central to health education
- Children and young people are facing increasing challenges and increasing loneliness
- Curriculum should give them the knowledge to take care of themselves and receive support if problems arise
- At primary school, pupils will learn that mental wellbeing is a normal part of daily life and why simple self-care is important
- This will go hand in hand with content on nutrition, the importance of staying active, and recognising the early signs of physical illness - ensuring pupils understand how mental and physical health are linked
- Primary school children will also be taught age-appropriate online safety
- In addition, they will learn how important it is that spending time online doesn't get in the way of exercising, getting enough sleep, or being an active part of their community.



Smarden Primary School Statement of Mental Health and Pastoral Intent

Mental health 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 (World Health Organisation).

At our school, we are passionate about making a difference to the lives of our community and aim to promote positive mental health for every member of our staff and pupils. There is good evidence to support the association between good mental health and education engagement and academic achievement. We believe that good mental health is the most important prerequisite for pupils to fulfil their potential.

We want our curriculum to enable all pupils to become resilient, independent, curious and creative leaders who think for themselves. We plan a broad, enriching and challenging creative curriculum, which uses authentic experiences and project based learning to put pupils in charge of their learning. Pupils' voice is central to our approach and ensuring their positive mental health is our greatest priority.

Our curriculum aims to enable all pupils to pursue their future ambitions and goals and go on to lead happy and successful lives.

The starting point for learning is a positive ethos and climate of respect and trust based upon shared values across the school community, including amongst parents, pupils and staff. Consequently, the development of staff to support their own well-being and that of pupils is of fundamental importance.

According to our pupils, mental health at Smarden is about keeping children safe; thinking positively; making friends; enjoying learning and healthy competition; feeling good about ourselves and proud of our learning; feeling challenged but confident; spending time outdoors; hands on learning; trips and getting muddy.

Our mental health and well-being policy centres on supporting children to manage and overcome anxiety; to take risks; not to miss opportunities due to a fear of failure; to develop resilience; cope with setbacks; get out of their seats and to think for themselves; to question, speak up; lead; to have positive relationships, and to take comfort and joy from their beautiful surroundings. These areas are important at Smarden because many of our children are well-behaved, but are passive, risk averse and fear getting things 'wrong'.

We pursue this aim using both universal, whole school approaches and specialised, targeted approaches aimed at vulnerable pupils. In addition to promoting positive mental health, we aim to recognise and respond to ill mental health. In an average classroom, three children will be suffering from a diagnosable mental health issue. By developing and implementing practical, relevant and effective mental health policies and procedures we can promote a

safe and stable environment for pupils affected both directly and indirectly by mental ill health.

