



## What is mental/emotional health?

Mental Health in childhood means reaching developmental and emotional milestones, and learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.

Young people face many pressures in modern life. Bullying, exam stress, peer pressure, social media burdens and family breakdown are common place. As a result, they may secretly struggle emotionally, engaging in unhealthy behaviours as a result.

## How we support our children's emotional needs

At Raynham Primary School we strongly believe that your mental wellbeing is as important as your physical health. Often, young people suffering from mental health issues don't talk about how they are feeling. Here at Raynham we give you a voice and a place where you can be heard. We think it is important for every child in our school to have the opportunity to express their feelings. Mrs Gepp is there for all our children.

We **all** have difficult days and it's okay to speak to your parents, Mrs Gepp and other school staff.

## What factors can protect your mental/ emotional health?

Getting enough sleep



Having the time and freedom to play indoors and outdoors



Being proud of who you are, and knowing what you are good at



Being part of a family that gets along most of the time and being able to manage conflict in a healthy way

Balanced diet and exercise



Going to a school that looks after the wellbeing of all their children



Feeling loved, trusted, understood, valued and safe



Feeling you have some control over your life



Feeling you belong (family, school, community)



Taking part in outside activities with your peers

Being hopeful and optimistic

Be able to learn and succeed

Having the strength to cope when something is wrong

# We are here to help!