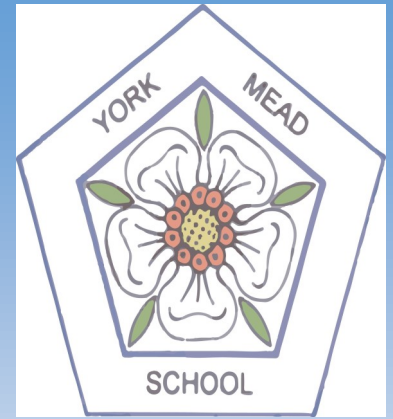


Yorkmead School



Mental Health & Well-being

Newsletter — May 2023

Welcome to our first mental health and well-being newsletter.



The World Health Organization (WHO)¹ defines health as **the balance of mental, physical and social health**, also known as the health triangle. Having a good balance in all three areas is essential to living a healthy lifestyle.

When all sides of the triangle are stable we are all in a better position to succeed in all aspects of our lives.

Mental health challenges can make it difficult for children to achieve in school, form friendships and make positive choices that can impact the rest of their lives.

At Yorkmead, we are committed to ensuring that emotional health and well-being is embedded into our ethos and are proud to share some of the ways in which we support our children's mental health and well-being.

Over the past term and throughout the summer, all children in key stage 1 and 2 have been training to be Mental Health Champions.

Children in year 3 Gwynedd and 4 Dorset have also received a full day's training to be Mental Health Ambassadors.

'I now have the skills to look after my mental health and to support my friends.' (Year 3 child)

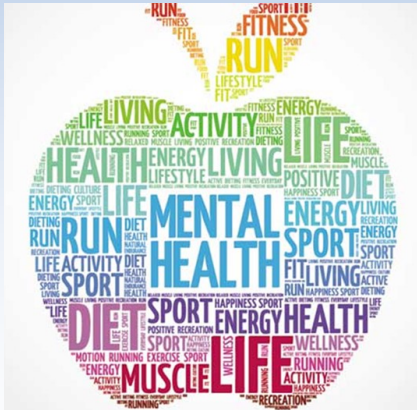


What is Mental Health?



MENTAL HEALTH IS THE WAY WE THINK AND FEEL ABOUT OURSELVES AND THE WORLD AROUND US.

IT AFFECTS HOW WE COPE WITH LIFE'S CHALLENGES AND STRESSES.



MOST PEOPLE WILL SUFFER WITH SOME FORM OF MENTAL HEALTH ISSUE, AT SOME POINT IN THEIR LIFE. THIS IS WHEN A PERSON DOESN'T HAVE THEIR USUAL CAPACITY TO COPE WITH THE STRESSES AND CHALLENGES OF EVERYDAY LIFE.

THIS CAN INCLUDE: LOW MOOD, DEPRESSION, ANXIETY AND STRESS.

FIVE STEPS TO GOOD MENTAL HEALTH

- CONNECT WITH OTHER PEOPLE
- BE PHYSICALLY ACTIVE
- LEARN NEW SKILLS
- GIVE TO OTHERS
- PAY ATTENTION TO THE PRESENT – MINDFULNESS



Until next time, take care and look after your Health Triangle!

Mr. A Neale-Crane (Assistant Head Teacher and Senior Mental Health Lead)

Further Information ...



<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>



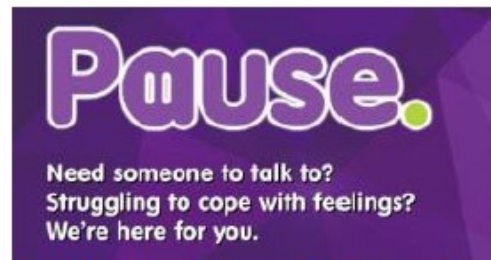
<https://bwc.nhs.uk/parents-and-carers/>



<https://www.youngminds.org.uk/parent/>



<https://www.cherisheduk.org/>



<https://forwardthinkingbirmingham.nhs.uk/pause/>

NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>



<https://www.barnardos.org.uk/what-we-do/support-for-parents-and-carers/mental-health/supporting-your-child>