

Children's Mental Health Week 4th – 8th February 2019

Guide for schools

This Children's Mental Health Week, we're taking steps to be Healthy: Inside and Out.

Place2Be is encouraging children, young people and adults to look after their bodies and their minds – and you can join in!

It doesn't have to be difficult. Our bodies and minds are connected, so simple things that we do to improve our physical wellbeing can help our mental wellbeing too.

Understanding how to look after our bodies and minds is crucial for our wellbeing.

These resources are full of activities and ideas to help primary and secondary-age children and young people explore what it means to be Healthy: Inside and Out.

<https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>

Plant a Positivitree

Following the successful planting of Positivitrees at St Barts, John O'Gaunt and Trinity Children's Mental Health week is a perfect opportunity to plant more Positivitrees in schools across West Berkshire.

How it works

Decide whether you want to purchase a new tree or get one donated from a local garden centre or use an existing tree in the school grounds. The tree should be accessible for all in the school community; this may be an opportunity to start developing an outside wellbeing space.

During tutor time, circle time etc. and staff meetings ask everyone to write a positive message about Mental Health for example "It's okay not to be okay" "We all have mental health so take care of it" "Don't be afraid to ask for help" Collect the messages and either

- Shred the messages and mix into the compost when planting a new Positivitree
- Hang the messages on an existing tree in the school grounds
- Create a tree shape out of the messages and display in classrooms, student reception, staff room etc.

Whichever option you use please take photos and if you would like local media coverage please contact West Berkshire Council Communications team pr@westberks.gov.uk (01635) 519125

5 Ways to Wellbeing – Run a workshop, focus on different Way to Wellbeing each day.



Resources for a 60 minute 5 Ways to Wellbeing workshop for years 5, 6 and 7 are available at <http://www.westberkseducation.co.uk/Article/24484>. Digital leaflets promoting 5 Ways to wellbeing for primary, secondary and adults will also be available to download on the West Berkshire education portal in the Health and Wellbeing in Schools section.

Eating Well

There is research to suggest that what we eat may affect not just our physical health, but also our mental health and wellbeing. Eating well (i.e. a well-balanced diet rich in vegetables and nutrients) may be associated with feelings of wellbeing.

The importance of good nutritional intake at an early age is explored in multiple studies, including a systematic review in 2014, which found that a poor diet (with high levels of saturated fat, refined carbohydrates and processed food products) is linked to poorer mental health in children and adolescents¹

<https://www.mentalhealth.org.uk/a-to-z/d/diet-and-mental-health>

Have a look at the Change4Life School Zone resources for primary schools

<https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/overview>

Resources for secondary schools <https://www.nhs.uk/live-well/eat-well/healthy-eating-for-teens/>

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Physical Activity

“PE, school sport and physical activity is proven to enhance physical health, boost mental wellbeing, build resilience, lift academic achievement and create active habits for life.” Youth Sport Trust

Have a look at the Change4Life School Zone resources for primary schools

<https://campaignresources.phe.gov.uk/schools/topics/being-active/overview>

Supermovers <https://www.bbc.co.uk/sport/football/supermovers>

and <https://www.getset.co.uk/resources>

Resources for secondary schools This Girl Can - <http://www.afpe.org.uk/physical-education/this-girl-can-access-the-newly-updated-resources-for-schools/>

Other Resources

Mental Health First Aiders

If your school has a mental health first aider or champion please involve them in the activities. .

Resources for schools are available at MHFA UK <https://mhfaengland.org/mhfa-centre/resources/for-schools/>

Staff Wellbeing - Teaching is a tough job. It can be immensely rewarding but also physically and emotionally draining. If we want our school staff to do what is asked of them, then we need to make sure that their mental health and wellbeing is effectively supported. This booklet has been developed By Anna Freud Centre and mental health experts, and aims to give school staff and Senior Leadership Teams some simple guidance and good practical examples where schools have successfully implemented wellbeing strategies. Topics featured include "What can impact or support staff wellbeing? What can Supervision look like in schools? And how can senior leaders prioritise wellbeing?"

Download [Supporting Staff Wellbeing in Schools](#) booklet

Mentally Healthy Schools <https://www.mentallyhealthyschools.org.uk/>

The online hub provides a “first stop” for primary school staff seeking resources, guidance and signposting information.

Little Blue Book of Sunshine – the booklet is now available digitally and will be emailed to schools and is also available at <http://www.westberkseducation.co.uk/Services/2486>

Don't forget the **PSHE Association Mental Health and Wellbeing** resources <https://www.pshe-association.org.uk/news/new-mental-health-teaching-resources-mark-world>

Signposting to services

Emotional Health Academy

Young people, families and professionals can refer to the Emotional Health triage – find out more and the to access the online referral form at

<http://community.westberks.gov.uk/index.aspx?articleid=32142>

Time to Talk

Time to Talk West Berkshire provides FREE confidential counselling services to young people in need aged 11 to 25

If you need support and/or want to find out more please email us at office@t2twb.org or call us on **01635 760331**

Childline

You can contact Childline about anything. Whatever your worry, its better out than in. We're here to support you and help you find ways to cope.

<https://www.childline.org.uk/> 0800 1111

Please contact Nikki Davies, Health and Wellbeing in Schools coordinator for advice and support
Nikki.davies@westberks.gov.uk 01635 503654

References

1. O'Neil, A., Quirk, S.E., Housden, S., Brennan, S.L., Williams, L.J., Pasco, J.A., & Jacka, F.N. (2014). Relationship between diet and mental health in children and adolescents: A systematic review. *American Journal of Public Health*, 104(10), e31–e42.