

Mental Health Champions

Our Mental Health Champions



Walk and Talk

We have really loved our walk and talk events around the playground. We were pleased that so many parents and carers joined in both on World Mental Health Day and on Time To Talk Day. Talking about our mental health is so important.



Looking forward..

We are looking forward to getting together to discuss our next project to improve mental health. We would like to make a leaflet for parents to help them support their children if they need to and signpost them to where they can get help.

What we have been up to....

So far this year, we have been extremely busy as Mental Health & Wellbeing Champions and feel very proud of our achievements. We take our role very seriously as we understand how important mental health is. We have delivered assemblies about kindness and respect, encouraging everyone to make school an even happier place. Kindness and Respect jars are being used in classrooms for rewards and on World Kindness Day we sent each other compliments. In anti-bullying week we organised odd sock day to promote that everyone is unique and that we celebrate difference. We also demonstrated how being unkind hurts people inside by using apples! During Children's Mental Health week we delivered an assembly on the theme of 'Our Voice Matters' and organised activities for children to complete such as sending letters of gratitude and writing about proud moments. On Random Act of Kindness Day we challenged everyone to think about how they could perform a random act of kindness. We also gave all the staff a message of kindness and some goodies to tell them how much we appreciate all they do.

Community Engagement

At the beginning of Mental Health week, we helped to run a coffee morning where we invited parents and carers in to have an opportunity to talk to each other, but in addition outside agencies were invited to offer support where needed. We enjoyed helping to serve refreshments and share all we have been doing. We look forward to taking part in other community events in the near future.



A final word from our Mental Health Champions

Alice, Year 5 *"I enjoy being a mental health champion because it allows me to bond with other children across the school and I like organising activities that help others with their mental health"*

Allana, Year 3 *"I enjoy being a mental health champion because I can help others when needed and inspire people to be kinder"*

