



WELLBEING

Children's Mental Health Week - 9-15 February 2026

With the slightly unnerving statistic that 1 in 8 children and young people have a diagnosable mental health problem, here at BPSP we take every opportunity to promote thinking and talking about how to sustain positive mental health and wellbeing.

This year's Children's Mental Health Week was no exception. Our assembly this Monday was based on the theme of 'Belonging'. We thought about what 'belonging' means to us, how

it is important to recognise that no-one is perfect and we should be accepted for who we are - 'belonging' is not about changing ourselves to fit in. Through discussion, we also agreed that the feeling of not belonging is not good for positive mental wellbeing and that we can help others' mental health by, 'Being somebody who makes everybody feel like a somebody'. Following our school rule, 'Be Kind' and showing our school values of Respect, Friendship and Compassion, would help us all help others feel like they belong.



At BPSP, mental health and wellbeing are always a priority for us, not just when a national awareness week comes around. If you are ever concerned about the mental health or wellbeing of your child, please contact your class teacher in the first instance. Teachers have details of a wide variety of charities and organisations which may also be of support.

Wellbeing On The Website

As new and different resources become available, so we upload them to our school website. There is a WELLBEING section under both PARENTS and CHILDREN where there are lots of useful articles, links and videos that may be of some support should you need it.

There are also firm favourites like the happiness calendar where, each month, lots of suggestions for wellbeing activities are set out. These can be a great go-to in any holiday when ideas might run dry. Putting your child in charge of organising a day of wellbeing activities for the family might be a good way to keep them happy and occupied!!

And finally ...

At Baden-Powell, we always dedicate the first hour back after any holiday to wellbeing so that the children can settle back into their classes before starting the new half term: both staff and pupils find this really beneficial. We will continue to think about the Zones of Regulation - another way in which we empower our children to think about their own mental health and wellbeing.

Hoping that the half term weather is kind to us all! Have a good break!

Heidi Inns
Senior Mental Health Lead