



WELLBEING

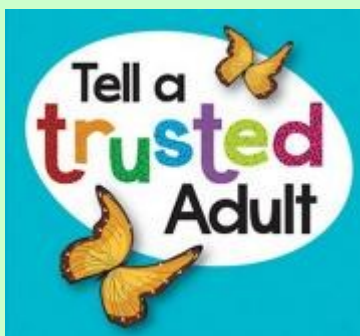
The theme of World Mental Health Day this year was **Mental Wellbeing For Everyone**. The key message was that whatever our age, ethnicity, social status, gender, faith, wealth, everyone deserves good mental health and that we can all contribute to that by being kind to all, a message, I am sure, you reiterate at home. Naturally, we discussed the link with our school rule BE KIND but we also thought about our school values of FRIENDSHIP, RESPECT and COMPASSION.



Supporting Your Child At Home

There are many ways in which you can support the mental wellbeing of your child at home. Especially for all our new parents and carers, but a reminder to all, there is a dedicated section on our website for WELLBEING, both under PARENTS and CHILDREN. Here you will find links to useful websites as well as articles offering advice on a variety of issues linked with Mental Health and Wellbeing. There is also a SIGNPOSTING section: this has links to all sorts of charities and organisations that can help support both your child and / or you.

You will also find the latest Happiness Calendar which offers ideas of different ways to promote positive wellbeing for each day of the month, which can also be useful in the school holiday, as well as some meditation and breathing techniques to try - [Meditation & Breathing Techniques](#) | [Baden-Powell and St Peter's Church of England Junior School](#).



Finally, it is always helpful to refer back to the 5 steps of Wellbeing: **be active, keep learning, take notice, connect and give**, (there are lots of ideas you could try at home on the NHS website - www.nhs.uk/mental-health/self-help) and the importance of telling a trusted adult if you are worried about your own mental wellbeing or that of a classmate.

If you are concerned about the mental health or wellbeing of your child, please contact your class teacher in the first instance.

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.

Wishing you a happy and fun-filled half term - let's hope the weather is kind!!



Heidi Inns
Senior Mental Health Lead