

## What's mental health?

We all have mental health. Your mental health affects how you feel, think and act. It refers to your emotional, psychological and social wellbeing. Your mental health can change on a daily basis and over time, and can be affected by a range of factors.

It's important to look after your mental health, as you would look after your physical health. Your state of wellbeing affects how you cope with stress, relate to others and make choices. It also plays a part in your relationships with your family, community, colleagues and friends.

## Good mental health among children and young people

When children and young people have good levels of wellbeing it helps them to:

- learn and explore the world
- feel, express and manage positive and negative emotions
- form and maintain good relationships with others
- cope with, and manage, change, setbacks and uncertainty
- develop and thrive.

When children and young people look after their mental health and develop their coping skills it can help them to boost their resilience, self-esteem and confidence. It can also help them learn to manage their emotions, feel calm, and engage positively with their education - which can, in turn, improve their academic attainment.

We all have mental health in the same way that we all have physical health. Throughout our lives our physical and mental health may fluctuate. Sometimes we feel fit and healthy, and at other times we may feel unwell, tired, stressed or anxious. Just as small changes like regular exercise and a healthy diet can have a positive impact on our physical health, so small changes can also positively impact our mental health. At Hambleton CE Primary School we aim to teach both children and adults how to make healthy choices to promote better mental health and to support the access of mental health professionals when people are struggling.

### In order to be mentally healthy we need:

- the ability and desire to learn (not just in school but throughout life);
- the ability to feel, express and manage a range of positive and negative emotions (being able to explain what you feel and think);
- the ability to form and maintain good relationships with others (having a support network of friends and/or family around us);
- the ability to cope with change and uncertainty (this is often referred to as 'resilience' which is our ability to bounce back after difficulties).

### At Hambleton we teach well-being and positive mental health through:

- a whole school approach to nurture and therapeutic responses to behaviour
- consistently applying the school ethos and our Christian values as well as policies;
- supporting children develop and maintain healthy relationships with themselves, peers and adults through our PSHE and RE curriculum
- promoting the key learning behaviours of resilience, resourcefulness, reflectiveness and reciprocity through our growth mindset
- providing consistency, safety, nurture, warmth, and humour within school;
- openly talking about mental as well as physical health and investing in staff training;
- Promoting the '5 Ways to Well-being'.