

**PROUD TO
SUPPORT**

Place2Be's

**CHILDREN'S
MENTAL HEALTH
WEEK**

6-12
FEBRUARY
2023

[#ChildrensMentalHealthWeek](https://www.place2be.org.uk/childrens-mental-health-week)



Service information

@allontheboard
#allontheboard

Date CHILDREN'S MENTAL
Time HEALTH

By @allontheboard

CHILDREN GET SAD, CHILDREN FEEL BAD
CHILDREN SOMETIMES THINK THEY ARE GOING MAD;
CHILDREN GET STRESSED, CHILDREN GET DEPRESSED
CHILDREN SOMETIMES THINK THEIR LIVES ARE A MESS.

A CHILD'S MENTAL HEALTH IS MORE IMPORTANT
THAN ANY SCHOOL GRADE;
IT'S UP TO US TO GIVE THEM THE COURAGE
TO SPEAK UP AND NOT BE AFRAID.

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We started our week by quiet reading in the library, here are some of our suggestions for wellbeing books to read. Quiet reading time is every Tuesday lunch time.





Some of our Year 7 pupils discussed mental health and how we can support this in and out of school.





Some more of our Year 7 pupils discussed thoughts and feelings regarding mental health.





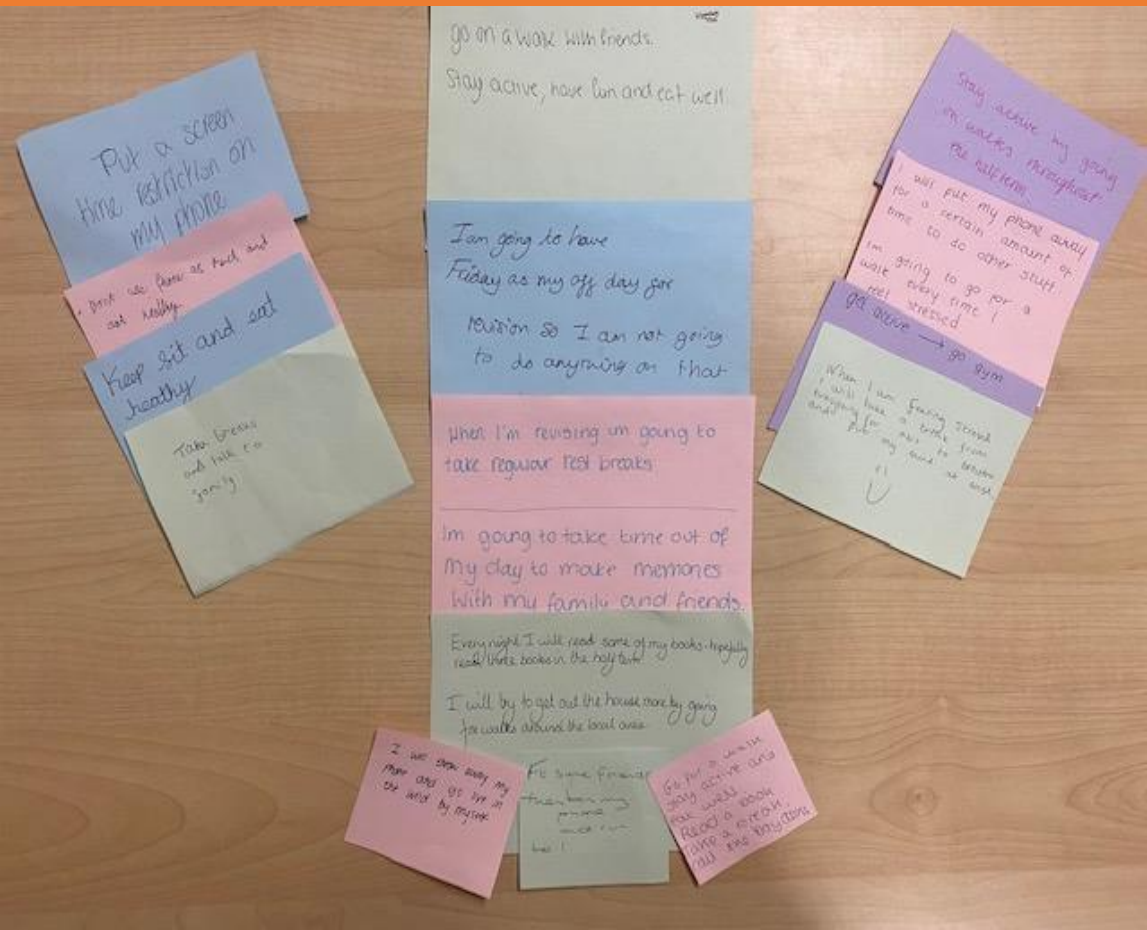
This is just the start
of us making more awareness
of mental health around school.





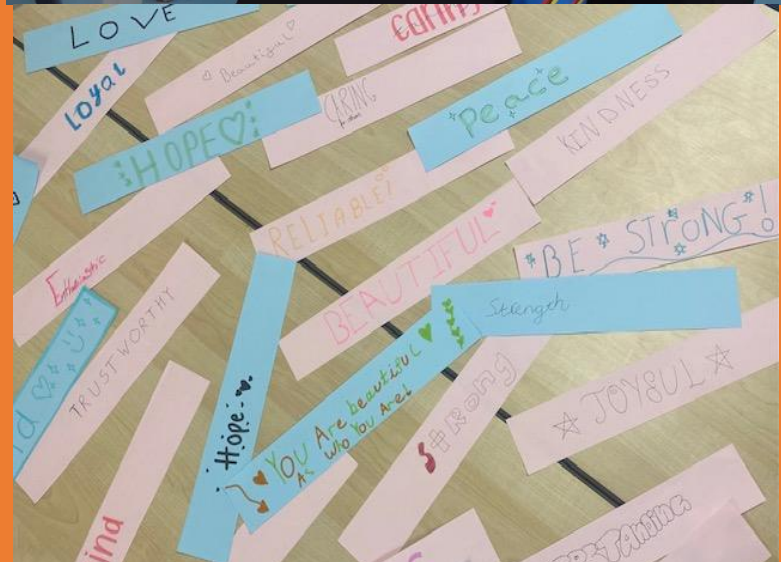
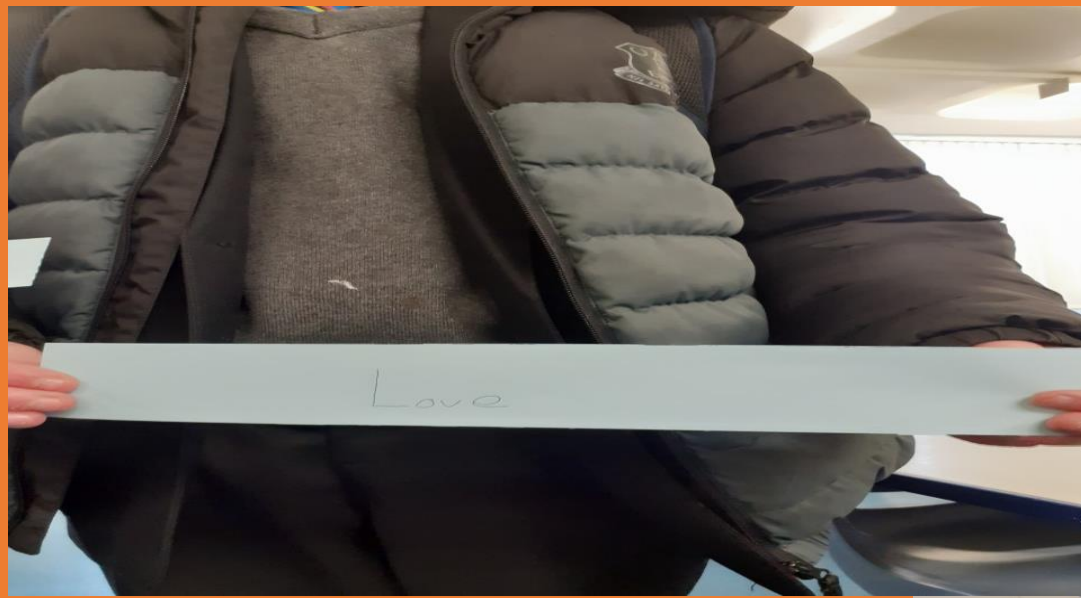
Some happy faces decorating gingerbread figures at the end of our thoughts and feelings session. Don't worry their will be more sessions after half term.

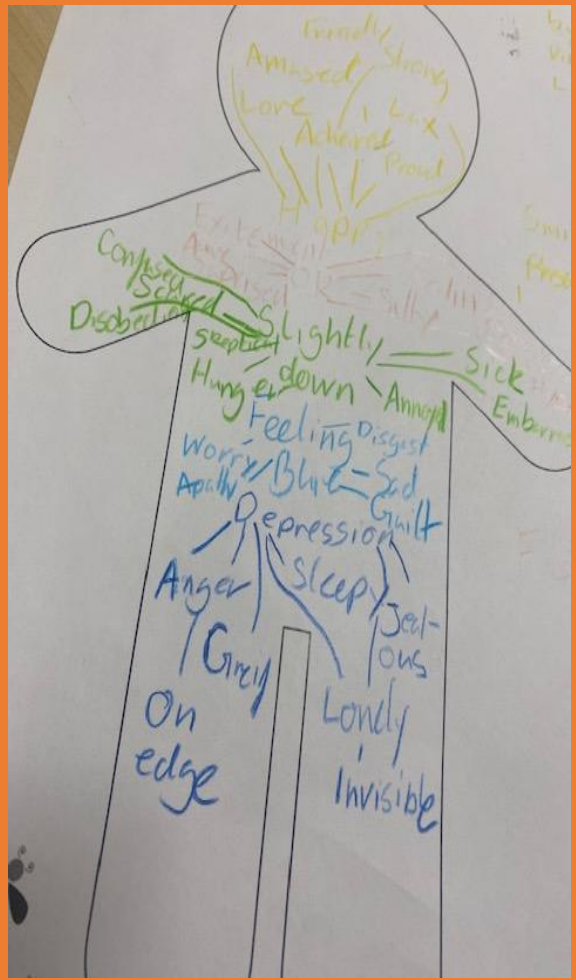
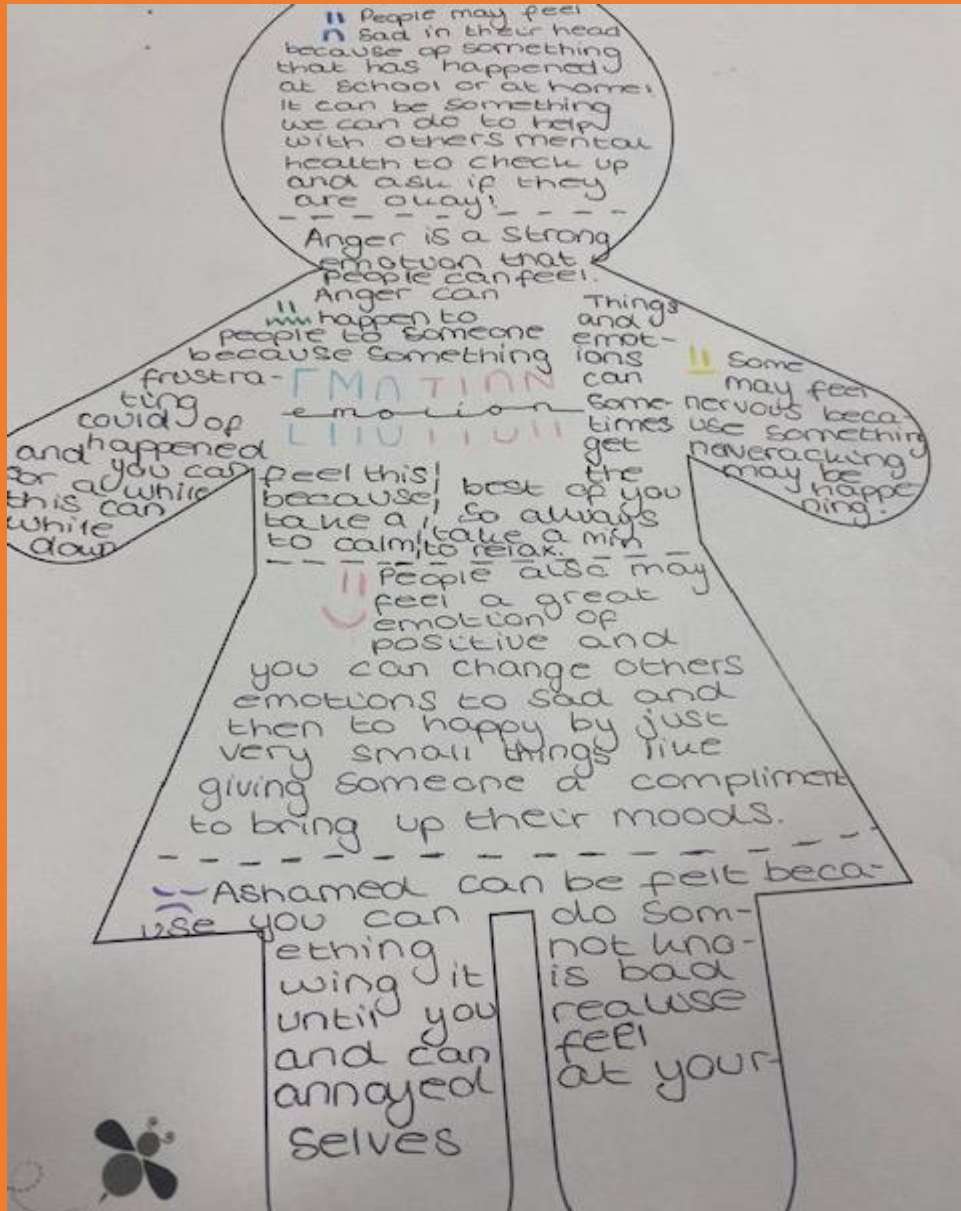




Year 11 – Have been working on Self Care flash card's.
Remember you need to take time out or you will burn out.









We are delighted to announce that we will be working with The Yogi Group within school for Yoga, Resilience and Mindfulness. Check them out on www.theyogigroup.com



Look out for further
updates on
Mental Health
Awareness around
school.

