

What will we be doing in Children's Mental Health week?

As a school we will make links to our current work on Learning Powers and Growth Mindset and encourage the children to consider how they have grown, how they can continue to grow and how they can help others to grow.

This will take place during:

- Assemblies
- Circle times
- Afternoon activities
- Story times
- Home Learning

If you have any questions, please ask your class teacher.

Every Achievement starts with the decision to try.

You miss 100% of the shots you don't take.

There is a big difference between not knowing and not knowing yet.

The greatest mistake you make in life is to continually fear that you will make a mistake.

I'm not telling you it's going to be easy, I'm telling you it's going to be worth it.



**Bishops Tawton
Primary School
promoting
Children's Mental
Health Week 2022**



An information booklet for parents



Place2Be launched the first ever Children's Mental Health Week in 2015 to support children and young people's mental health and emotional wellbeing. Now in its eighth year, we hope to encourage more people than ever to get involved and spread the word.

<https://www.childrensmentalhealthweek.org.uk/>

YoungMinds Parent Helpline 0808 8025544 NSPCC 08088005000

"Good mental health to me in my school is knowing we are all good at something, being resilient and never giving up when we struggle. Some people find it harder than others but we all have something to give to our school." Megan Year 6

What is Mental Health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. **We all have small feelings every day:** These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. **Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They can stop us doing what we want to in our lives. We need to look after our mental health to be able to survive the big feelings as well as the small.

The theme of this year's Children's Mental Health Week is **Growing Together**. Children's Mental Health Week is an opportunity to shine a spotlight on the importance of children and young people's mental health. As our lives continue to adjust following the impact of coronavirus, we know that children and young people need our emotional support now more than ever. In fact research shows that up to 1.5 million children and young people across the UK need mental health support as a direct consequence of the pandemic. **Growing Together** is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.