



Mental Health and Well-Being at St John's School

At St John's, we recognise how important mental health and emotional well-being is to our lives in just the same way as physical health. We recognise that mental health - that of our children, and of their parents and teachers - is a crucial factor in children's well-being and can affect their learning and achievement.

It is especially vital during these extremely difficult times of Covid-19 and lockdown. With families having to stay at home, parents working from home as well as doing the best they can to home teach, or concerns of family members becoming ill, it is even more important that we recognise the strain and stresses that are put upon all of us.

St John's has always promoted a positive school wide approach to mental well-being through creating a nurturing, inclusive community. Teachers have guided and shared specific skills with their classes which promote resilience, self-esteem and positive self-worth whilst encouraging teamwork and positive collaboration. It is also our role to have robust systems in place to recognise and support children who may be experiencing a particularly stressful times. Indeed if a situations becomes more than the staff at St John's can deal with, then external support is always available.

Below are some useful tips and support to help you through these challenging times.

WINNING WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY







EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

	 Connect	 Be Active	 Take Notice	 Keep Learning	 Give
	<p>Connect with the people around you. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich your every day.</p>	<p>A healthy body equals healthy mind. Find something suitable for your level of fitness that you enjoy. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good.</p>	<p>Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.</p>	<p>Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.</p>	<p>Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.</p>
What do we do in school?	<ul style="list-style-type: none"> Group games at playtimes Talk partners in class Peer mediators All of Us time in class PSHE lessons on the topic of friendship and belonging Friendly, welcoming staff 	<ul style="list-style-type: none"> Two weekly PE sessions, taught by teachers or specialist sports coaches. Playtimes outside in all weathers! Clubs offering a variety of activities Swimming pool Yoga in Reception and Year 1 Outdoor learning Trips and residential offering adventurous outdoor activities 	<ul style="list-style-type: none"> A wide and varied curriculum which fosters a love of the world around us. All of Us time to reflect on the day and celebrate everyday achievements. Time spent outdoors enjoying nature and the seasons. Learning responds to current affairs or important events when possible Assemblies to celebrate festivals or everyday successes 	<ul style="list-style-type: none"> Varied curriculum which offers new topics and experiences each school year Topic homework, encouraging curiosity and creativity A variety of clubs, giving children the chance to try new things Educational visitors and sports roadshows offering further opportunity All children have the opportunity to learn a musical instrument 	<ul style="list-style-type: none"> Pupil-led charity work Half-termly dress down days to raise money for different charities Good manners promoted across the school Children have the opportunity to do jobs in school, such as peer mentors
Ideas to try at home!	<ul style="list-style-type: none"> Make time each day to spend with your family – maybe to play a game with the children, or just talk. Arrange a day out with friends you haven't seen for a while. Speak to someone new today. Visit a friend or family member who needs support or company – and listen to them. Volunteer at a local school, hospital or community group. This is also a way of giving your time. 	<ul style="list-style-type: none"> Take the stairs not the lift. Go for a walk at lunchtime. Have a kick-about in a local park. Find out about the Borough's many exercise and sporting clubs and facilities – and give one a try. Do some 'easy exercise', like stretching, before you leave for work in the morning. 	<ul style="list-style-type: none"> Have a 'clear the clutter' day. Take notice of how your family or colleagues are feeling or acting. Take a different route on your journey to or from work. Visit a new place for lunch. Try a meditation or yoga class. 	<ul style="list-style-type: none"> Learn to cook a favourite dish that you've never eaten at home. Sign up for a course you've been meaning to do at a local night school. You might learn a new language, or try something practical such as plumbing. Take on a new responsibility at work, such as learning to use an IT system. Fix that broken bike or garden gate. Once you've done that, how about setting yourself a bigger DIY project? 	<ul style="list-style-type: none"> Say thank you to someone, for something they've done for you. Ask a colleague how they are and really listen to the answer. Offer to lend a hand if you see a stranger struggling with bags or a pushchair. Offer to help a relative with DIY or a colleague with a work project. Volunteer in your local community. That might mean helping out at a local school, hospital or care home.

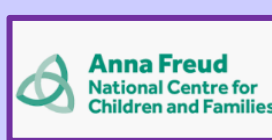
Helpful guidance documents



Potential conversation starters



Parenting with mental health problems



You are never too young to talk mental health

Click and download

Useful Websites:

Parents who are looking for support can refer themselves directly to the Suffolk Children and Young People Emotional Well-being hub

<https://www.suffolk.gov.uk/children-families-and-learning/suffolk-children-and-young-peoples-emotional-wellbeing-hub/>

Further information and resources can be found at:

www.youngminds.org.uk
www.mentalhealth.org.uk
www.mind.org.uk