



Children's Mental Health Week 2025: Supporting Wellbeing at Our School

Last week, we were proud to take part in Children's Mental Health Week, an annual event dedicated to raising awareness about the importance of mental wellbeing in young people. The theme for this year was 'Know Yourself, Grow Yourself', encouraging children to express themselves, share their feelings, and recognise the value of speaking with others. The more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs.

Supporting Mental and Physical Wellbeing

At Slade, we understand that good mental health is just as important as physical health. That's why we ensure our pupils have access to a range of activities and support systems to help them feel safe, happy, and valued. Some of the ways we support our children's wellbeing include:

- **Mindfulness Activities** – Short breathing exercises and reflection time to help children regulate emotions and manage stress.
- **Emotional Check-ins** – Opportunities for children to share their feelings with teachers or in class discussions.
- **Physical Activity** – Regular PE lessons, active playtimes, and movement breaks to promote a healthy body and mind.
- **Nurture and Wellbeing Groups** – Small group sessions providing extra emotional support where needed.
- **A Culture of Kindness** – Encouraging respect, friendship, and inclusion through our school values and My Happy Mind lessons.

Working Together

We recognise the vital role that families play in supporting children's mental health. We encourage parents and carers to take time to talk to their children about their emotions, ask about their day, and reassure them that their thoughts and feelings matter.

Tips for Families

Executive Headteacher: Mr Jones

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1. **Encourage journaling.** Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.
2. **Make space for reflection.** When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.
3. **Be visual.** Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.
4. **Practice mindfulness.** Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.
5. **Communicate.** Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

For more information on supporting children's mental health, please visit www.childrensmentalhealthweek.org.uk.

Thank you for your continued support in making Slade a place where every child's wellbeing is a priority.

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