

MCM Special

Children's Mental Health Week

3rd – 7th February 2025

“Know Yourself, Grow Yourself”



Mental Health Champions

We have been lucky enough to take part in a Medway project with a company called 'One Goal', training groups of pupils to support others as Mental Health Champions.

After a rigorous application and interview process, a number of pupils have started their 20 sessions of training during Children's Mental Health Week. Some of these sessions need to take place at lunchtimes as we aim to complete this and graduate around Easter!

Once fully training, these pupils will help led projects, assemblies, newsletters and even lessons in school, supporting all classes from Reception to year 6!

We are so proud of how seriously they have taken this opportunity and how willing and keen they are to learn more about their own mental health and also how to help others.

More from the Mental Health Champions in Term 5 and 6!

Assemblies

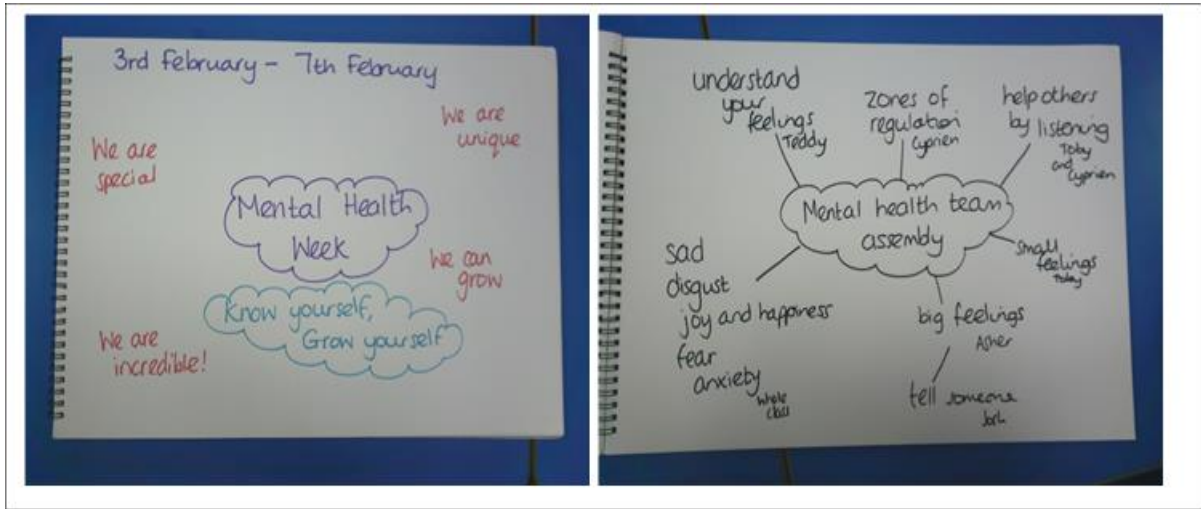
Our main assembly this week was led by the Mental Health Support Team practitioners, Sandra and Sam. They led 2 assemblies on Thursday for KS1 and KS2 exploring “What Is Mental Health?”. The children watched the following 5 min video to help them understand.

<https://www.youtube.com/watch?v=nCrjevx3-Js>

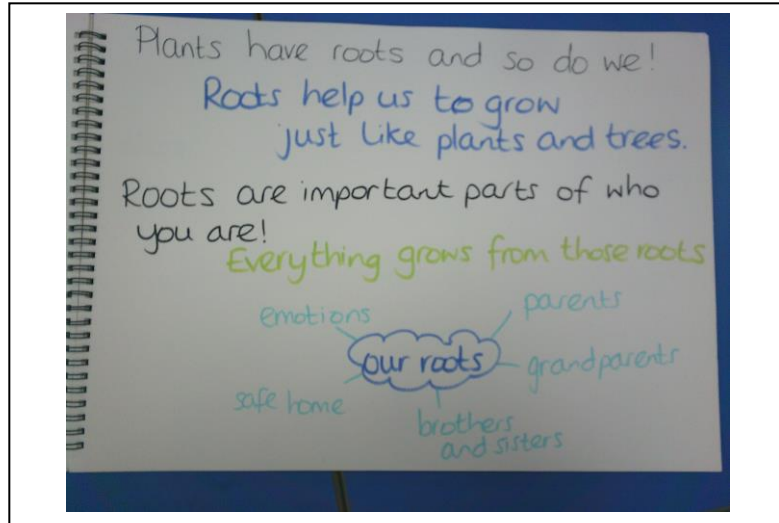
In addition, children have also explored the films 'Inside out' and 'Inside Out 2', thinking about different emotions.

Year 1

Year 1 took inspiration from assemblies held in the week. They discussed ideas and shared them in their PSHE floor books.



They followed this up by exploring an art activity linked with our theme for the week. It encouraged children to learn more about themselves by imagining a plant in growth.





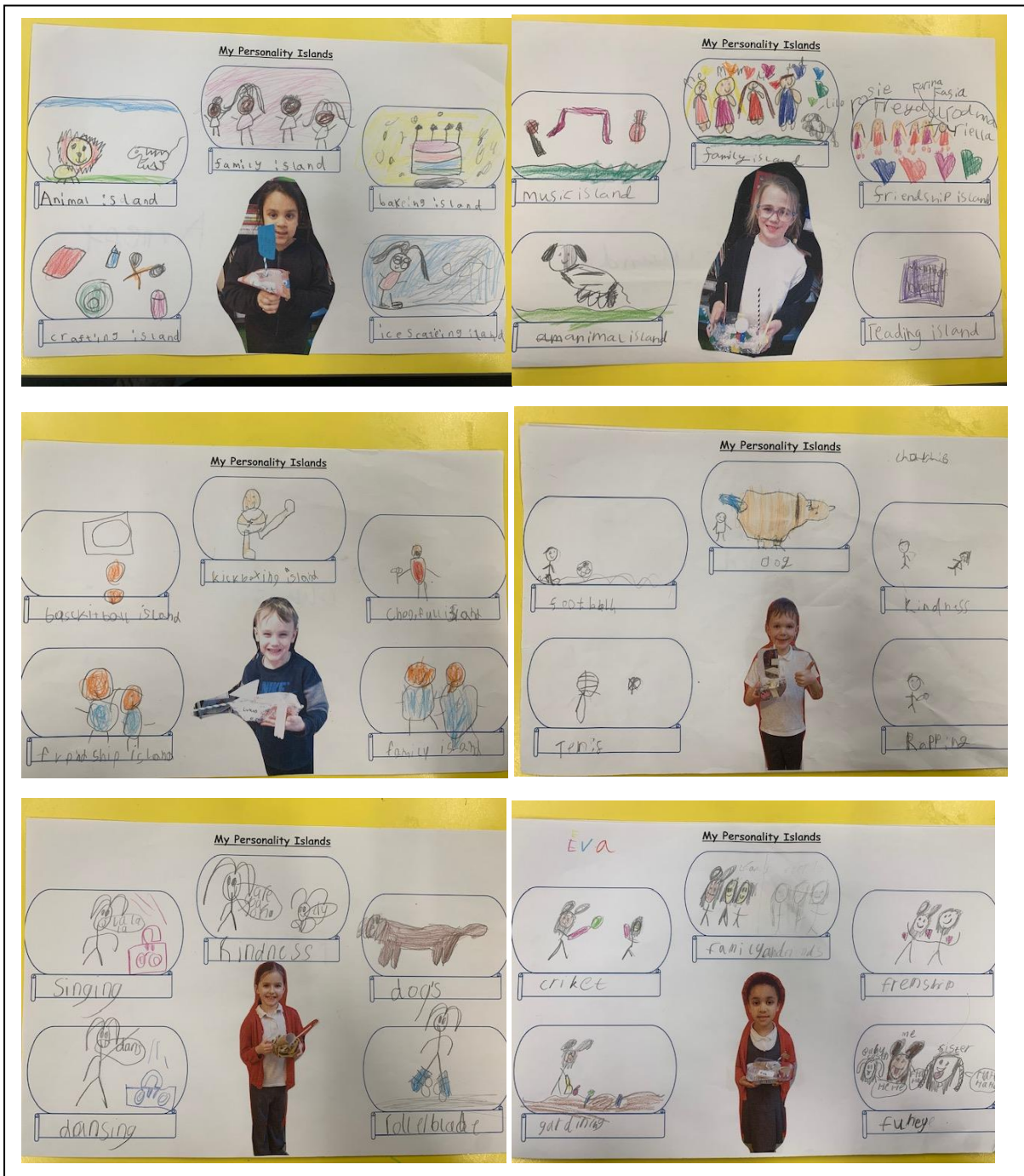
Year 2

In Year 2 we have been thinking really hard about the theme for this year to, 'Know Yourself, Grow Yourself.' This led to a big discussion about what it is to be 'self aware' and how we can then tap into our strengths and realise areas where we may need some support.

We linked this to our values of 'self-belief' and 'resilience' in-particular and have been busy learning and practising some mindfulness techniques throughout the week. We have been doing some exercises on 'mindful breathing' and 'mindful looking' and have also taken part in some guided meditations. For our PE lesson we did some yoga and then thought about the effect this had on our minds and bodies. The children have given some great ideas on times that they could use these techniques to support them if they are finding something hard or worrying.

The children have also been creating beautiful pieces of art work about their 'islands of personality.' This was inspired by the film, 'Inside Out' and the children had a great time discussing and generating ideas for their own islands of personality. Their islands are based around things which are special to them, bring them joy, or qualities that they want to celebrate about themselves. You can see from the pictures that there were some fantastic ideas and we even got to combine this with the boats we made for DT as we used them to sail to our islands!

This activity showed us that even if our islands are different to our friends, we can celebrate the fact this gives us different strengths and allows us to make supportive connections.



Year 3

Year 3 considered the links between physical and mental health and recorded their ideas in their PSHE floor books.



Florence said 'try to go to bed to sleep and in the morning your brain will be recharged'

Gracie said 'Make sure you eat sensibly, stop playing on tablets and read a book'

Grace said 'You could do some exercise and eat healthily, it keeps your brain and body healthy'

Frankie said ' You stay healthy by eating healthy and a little bit of sugar, play a game to make you feel better'

Year 4

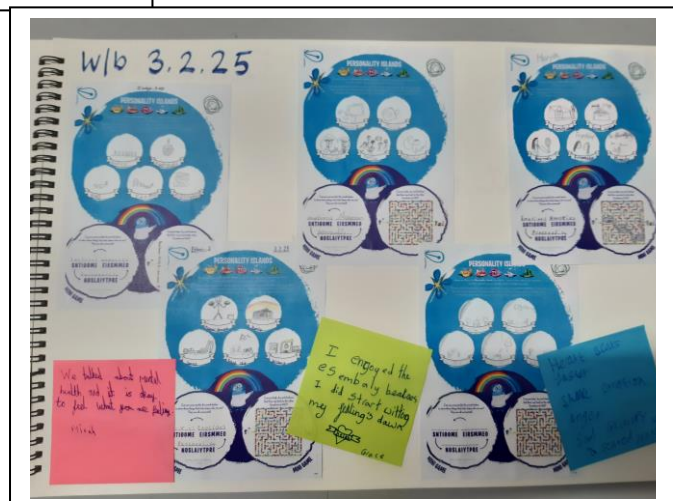
In Year 4 we came together to reflect on the roots of our own identity and what is important to us, and what helps us grow. The skills we discussed were personal growth, resilience, and connecting with others. We created this piece of art to reflect how different we all need to be, to be able to grow.

Take a look at some of their wonderful art work!



Year 5

Year 5 took a similar idea to Year 2, exploring art work about their 'islands of personality.' They took their ideas and completed work in their PSHE floor book.



Year 6

Year 6 used all of the knowledge they have about mental health to produce posters to share their ideas for the rest of the school. They all took their own approach to this task and explored ideas which they felt were important to them.

Some of these posters will soon be seen around the school, helping to keep mental health as a priority for all.

