

At Donington Cowley Endowed Primary School, we are committed to supporting and promoting the mental and physical health and well-being of our pupils and staff. We know that everyone experiences life changes that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

At our school we-

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children to form and maintain social relationships
- promote self-esteem and ensure children know that they are valued and have worth.
- encourage children to be confident and 'dare to be different'
- help children to develop emotional resilience and to manage setbacks

We all have mental health!

We all have mental health is an animation designed to explain worries to children.

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

A short film to show the five ways of well-being

<https://www.youtube.com/watch?v=yF7Ou43Vj6c>

Useful links

<https://www.childline.org.uk/toolbox/calm-zone/>

<https://youngminds.org.uk/>

<https://www.place2be.org.uk/>

<https://www.camhs-resources.co.uk/>

<https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself>

<https://www.nhs.uk/oneyou/every-mind-matters/>