



Focus: Children's Mental Health Week

7th—13th February is Children's Mental Health Week. This year's theme is 'growing together'.

Human beings change and grow – we do it all the time and in many ways. Emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.



You can find stories of personal growth from some familiar faces from the world of TV, music and sport on the charity Place2Be's website or via the links below:

[Dr Alex George](#) [YolanDa Brown](#) [Jacob Anderson](#) [Mandip Gill](#) [Andy Lewis MBE](#) [Sky Brown](#)

TIPS FOR MENTAL HEALTH AND WELLBEING

Tip 1: More and better sleep

Sleep is important to help our bodies and minds process, heal, and recover from the day. Good sleep is essential for our mental health and wellbeing. Good sleep isn't just about the number of hours of sleep we get, it is also important that our sleep is good quality.

Create a wind down routine in the hour before bed. Try to limit screen time, work or physical activity and put in activities to calm the mind such as reading or listening to relaxing music.

TIP 3: Look forward to something

Research suggests that people feel better when they plan and do activities that they enjoy and find relaxing. Set time aside each week or an activity that is something you enjoy. Often activities we enjoy are ones that we are good at. Achieving something can boost our confidence and self-esteem, which are both linked to good mental health.

TIP 4: Be physically active

Physical activity has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes of brisk walking increases our mental alertness, energy and positive mood. Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety. It also plays a role in preventing the development of mental health problems and in improving the quality of life of people experiencing mental health problems.

TIP 2: Practise mindfulness

Mindfulness is the skill of paying attention to what is happening in your mind and body right now, without judgement. Thoughts, feelings and bodily sensations come and go. Mindfulness is the skill of simply noticing them passing through your mind, and not getting caught up with them. Explore what helps to make you feel calm.

TIP 5: Have a healthy diet

What we eat can impact how we feel physically and mentally. Getting a balanced diet with all the right nutrients is important for our development. We need to eat foods that provide us with steady energy throughout the day rather than shorts 'bursts' of energy. Manufactured energy drinks are a stimulant. This means, although they may give you a quick burst of energy, they can often increase feelings of anxiousness and impact our sleep routine.

Safer Internet Day – 8th February 2022

All fun and games? Exploring respect and relationships online



Our online activities can have a significant impact on our mental health and well-being. The theme of 'Safer Internet Day' this year is 'Exploring respect and relationships online'.

Use your actions and words with care:

What you do, say and share online can have a big impact on the way other people feel, as well as how others perceive you. When emotions are high, take a moment to reflect and continue when you're feeling calmer.

Build healthy relationships:

Listen to and support your friends both online and offline by respecting their boundaries and treating them with kindness. Look out for signs of an unhealthy relationship – if someone is pressuring you, is dishonest, or makes you feel uncomfortable, know that you can always talk to an adult or friend you trust.

Be an upstander when you see bullying, harassment or hate:

By using reporting tools or speaking out if you feel able to do so, you can offer support to the victims of these behaviours. This can help people to feel less alone and can encourage them to seek further assistance if they need it. Keep a look out for suspicious information and people online.

Know it's never too late to talk to an adult about something you're experiencing online:

Even if you're worried it might be uncomfortable, or you think you've done something wrong, speaking to someone is the first step in getting support and moving forward.

Click [here](#) for more advice about Safer Internet Day 2022

Reminder—if you need to speak to someone in school about your mental health or worries about what you are experiencing online, you can talk to your Form Tutor, Year Leader or Ms Mort, Ms Vaughan—or any trusted adult.