Scarcliffe Primary School

Child-Friendly Mental Health and Emotional Wellbeing Policy

October 2025

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Mental Health and Emotional Wellbeing

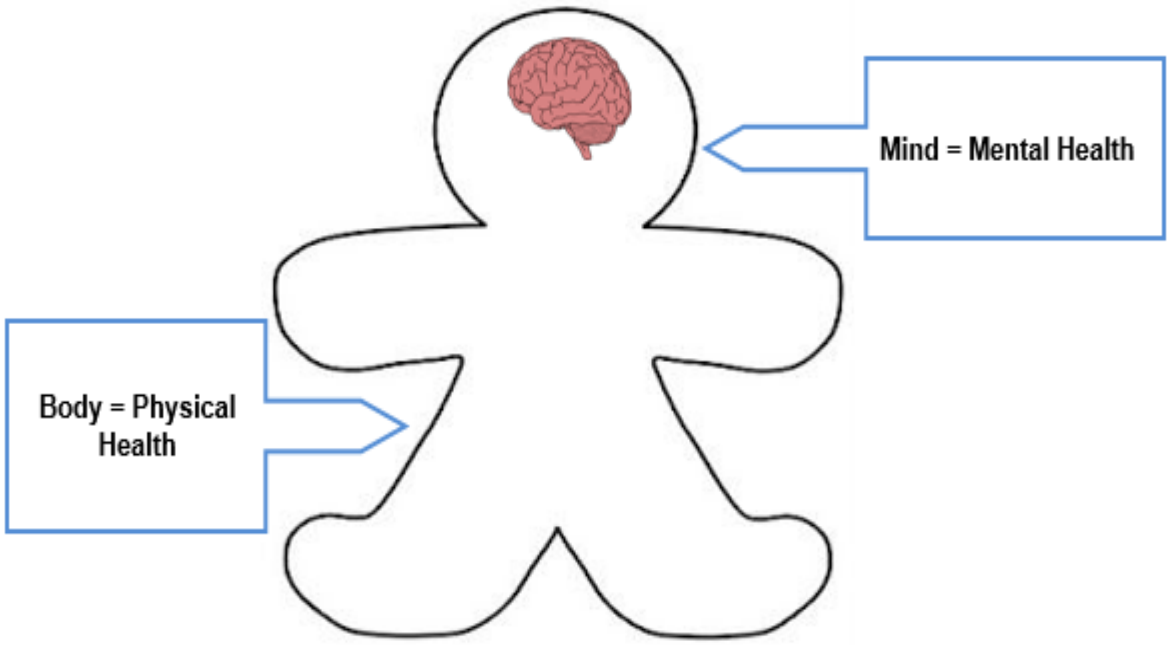
At Scarcliffe Primary School, we promise to help you understand your emotions and feelings better so you can be happy and confident in school. This policy has been written to show you how you can help your own emotional wellbeing and ensure you feel comfortable sharing any worries or concerns. This policy also signposts you to where you can access further support if you need to.

It is important to remember that we all go through life's 'ups and downs' and at times this can be overwhelming. It is okay to ask for help and have a little more emotional support when we need it.

1. <u>What does it mean?</u>

We all have Physical and Mental Health.
Important Fact: **The body and mind are connected.**

If we are struggling with our physical health this can affect how we feel = our mental health.
If we are struggling with our mental health this can also affect our bodies = our physical health.
By looking after our Mental Health and Physical Health we can improve how we feel = wellbeing.



Mental wellbeing is about feeling good. Feeling that life is going well, and feeling able to get on with everyday things.

Positive mental health helps us to be able to deal with life's ups and downs; to be able to learn; enjoy friendships; to meet challenges and to develop talents and capabilities.

Everyday Feelings

We all have lots of feelings that come and go every day.

For example, feeling excited about a present; nervous about going back to school or frustrated because you missed a penalty.

Everyday feelings can feel very strong and intense at times, they can feel uncomfortable sometimes but this is normal for everyone.

Big Feelings

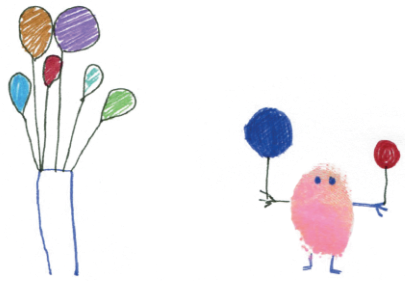
Big feelings can change how we think, feel, behave. They impact on how we see the world and how we get on with other people. They can affect our mental health and can be really serious for some people, they can make someone feel lonely or overwhelmed by the feeling.

2. <u>Who can we talk to?</u>

Remember if your feelings are getting too big to cope with on your own and you feel you want to change things…

…talking to someone you trust might really help.

This could be:



- The Headteacher
- A teacher
- Your parents
- Another member of staff
- Our anti-bullying ambassadors
- The school council

Remember, you can use the Worry Box or Bubble Time if you want to talk about anything in school. These could be worries or problems you are facing.

You can also contact Childline by phone 0800 11 11 or on the internet.

3. How does our school teach us about mental health and wellbeing?

At Scarcliffe Primary school, we have weekly PSHE lessons. Topics include Exploring Emotions and Being Healthy - which covers both physical and mental health.
We have PE lessons for two hours per week. As part of the REAL PE Curriculum, we learn about the importance of being healthy and staying fit.

We also have a whole school topic called Healthy Bodies, Healthy Minds. This helps us to remind you about the importance of looking after yourself. It also means you keep coming back to this topic so you can learn more and more about it!

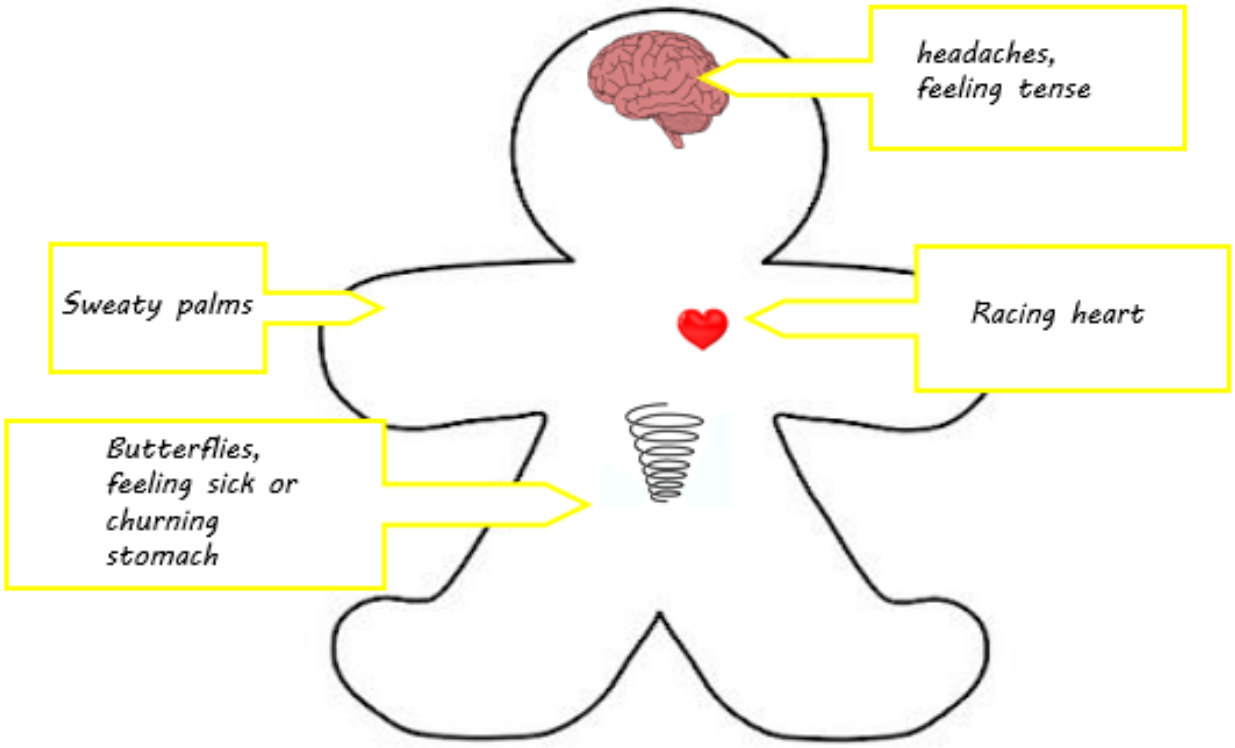
5 Ways to Well-being

Have you ever heard of the 5 ways to wellbeing?

The Five Ways to Wellbeing are some simple little things, we can choose to do every day to help with our wellbeing. This can make us feel happier and cope better with daily life and the challenges we all face.

In school, we have Positive Play, play leaders and anti-bullying ambassadors who you can talk to if you want or need to. You can also talk to any adult in school.

4. How do we know when we are not okay?



Feel like shouting or crying

Trouble falling asleep or staying asleep

Falling out with our friends and family more often

Feel more tired

Find it difficult to concentrate

Might not feel like you enjoy the things that are important to you (clubs, hobbies)

Lots of different things can make us feel stressed. Too much stress can cause our stress bucket to overflow.

What could fill a stress bucket?

5. <u>What can we do to look after our own mental health?</u>

Ways to manage our stress bucket. We have already had a look at the 5 ways to wellbeing and these help us to empty our stress bucket.

There are a few tips to help you keep your stress bucket empty:

- Do exercise
- Eat healthy food
- Talk about your concerns
- Spend time thinking about things that are going well
- Be kind to others – this makes them (and you) feel better.
- Take part in hobbies.
- Limit screen time.
- Spend time with people.

Which of the things above do you think you do really well?

Are there things you could do better?

Our worries can sometimes feel really big and they weigh us down.

Or we might think are worries are really silly. This can make us feel like someone wouldn't understand them.

But if we keep our worries to ourselves they can get bigger and heavier.

6. How can we help our friends and other children in our school?

M

Make them laugh!

Tell a joke!

Tell a story!

Do a dance!

Sing a song!

A

Ask "Are you OK?"

Listen first! (If they want to talk)

Then try to cheer them up. Make them laugh or try to take their mind off things by doing something together you know they like.

T

Treat them to a compliment

Everybody loves to hear something good about themselves. It boosts their mood.

But did you know? When people are given a compliment or when they are the person giving the compliment, they perform better!

E

Everyday Acts of Kindness

Send a friend a letter or a card

Help your mum or dad with a job.

Bake something for a family member

7. What can we do if we need further support?

If you EVER need any help or support – please come and speak to someone in school.

Below are some good websites which give top tips to support positive mental health and wellbeing.

ChildLine is a free, private and confidential service where you can talk about anything.

https://www.childline.org.uk/about/about-childline/

YOUNGMINDS provide young people with tools to look after their mental health. Their website is full of advice and information on what to do if you're struggling with how you feel. They give young people the space and confidence to get their voices heard and change the world they live in. Together, their vision is to create a world where no young person feels alone with their mental health.

https://www.youngminds.org.uk/