



Why Mental Health is important

Mental health is an important part of everyone's life and good mental health and wellbeing is directly linked to good physical health.

Positive mental health and wellbeing is also linked to increased life expectancy, improved quality of life, better educational achievement and employment prospects.

In school we aim to educate our pupils about mental health and wellbeing and train our staff to be able to help pupils who may be struggling with their mental health. We teach about mental health and emotional wellbeing as part of a comprehensive PSHE education curriculum. It promotes pupils' wellbeing through an understanding of their own and others' emotions and the development of healthy coping strategies. As with any aspect of PSHE, learning about mental health must build up from early learning if it is to be most effective. With very young pupils, for example, rehearsing ways of asking an adult for help, and persevering if their requests are not listened to, lays the foundations for confidently accessing sources of support when they are older.

Our school has a designated lead for Mental health and wellbeing who receives regular up to date training which is then delivered to all teaching staff.

With the high prevalence of mental health issues in society, even young children may be learning about emotional health through their own experiences.

Ways you can help promote good mental health and wellbeing

Talk to your child/ren about their day. Make it a positive conversation for example; ‘ was your day good, great or amazing?’ then ask them for the reasons they chose their answer.

Here are a few tips on starting a conversation if you feel there is something worrying them;

- Show you are listening put aside any distractions
- Listen and don't judge
- Be patient
- Be supportive
- Be yourself

If you have any concerns about your child/ren please talk to their class teacher or ask to see any member of staff.

Local support is available for all aspects of mental health and wellbeing (external links)

[Derby & Derbyshire - Emotional Health & Wellbeing \(derbyandderbyshireemotionalhealthandwellbeing.uk\)](https://derbyandderbyshireemotionalhealthandwellbeing.uk)

[Guide to mental health and wellbeing \(derbyshire.gov.uk\)](https://derbyshire.gov.uk)

[Living Well Derbyshire | Health & Wellbeing](#)

[You're Never Too Young to talk Mental Health](#)