

# Mental Health and Well-Being Newsletter



**Welcome to our first newsletter.**

**We are very excited in introducing our 12 Wellbeing Champions. Our champions will work along side Sarah Plumb to promote mental health and well being in our school. The children are very excited to undertake this new role.**



**Most of our staff have already received Adult MHFA training this year. Next year staff will be trained in Youth MHFA. The training will help to raise awareness and understanding around mental illness.**

# Just the Facts

**1 in 10 children have a diagnosable mental health disorder.**

**Over 8,000 children aged under 10 years suffer from severe depression.**

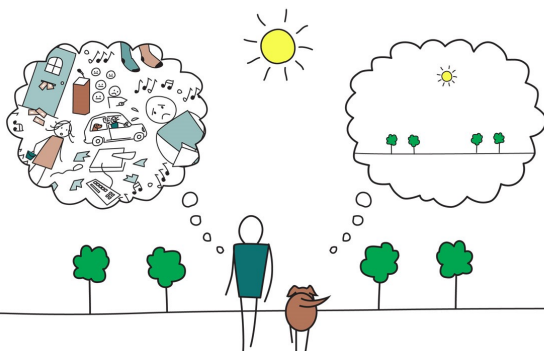
**It is our aim to promote positive Mental Health in all our students and staff. We want to increase awareness and understanding of common Mental Health issues.**

**Our school wants to educate children with regards to the negative impact stigma can have on a person and their journey to recovery.**

**Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves.**

**Take some time out!**

**Practice Mindfulness**



Mind Full, or Mindful?