

Mental Health and Wellbeing

At Alder Coppice Primary School, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. Miss Regan is our Senior Mental Health lead in school. She works closely with our Headteacher, our safeguarding leads, Mrs Randall and Mrs Bown, as well as our SEND Lead Miss Rose and the rest of the staff team.

Developing mental health in children and young people is about supporting them to be self-aware enough to find wellbeing strategies that help them develop positive mental health. At Alder Coppice Primary School, we do our best to develop these strategies. This can be seen on a day to day basis with conversations between staff and pupils, our PSHE curriculum and opportunities that are threaded through our daily life in school. In addition, we provide more focused support for individuals and their specific needs.

Support and advice for Parents and Children

Here are a range of links to help find support for children and families:

This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and

wellbeing as well as the rest of the family:

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



The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety.

More information and advice can be found on their website:

[Signs That a Child Is Suffering From Mental Health Issues | NSPCC](#)

[Child mental health: recognising and responding to issues | NSPCC Learning](#)



Dudley have developed a website with a range of resources and information to support children and families.

[Happier Minds - Mental Wellbeing For Young Persons In Dudley](#)



Happier Minds

Young Minds – <https://youngminds.org.uk>



Here are five things that, according to research, can really help to boost your mental wellbeing.

5 ways to wellbeing



Looking after your mental health is just as important as your physical health. Research by the New Economics Foundation has found there are five ways to look after your mental wellbeing:



Connecting with the people around us is a great way to remind ourselves that we're important and valued by others.

- Arrange to meet people regularly
- Reach out to someone
- Take time to get to know your neighbours



By regularly engaging in some form of exercise we can look after our mental and physical health at the same time.

- Go for a walk during your lunch break
- Walk to work
- Join a local sports club



Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs.

- Take up a mindful hobby e.g. knitting
- Write down three things you feel grateful for



Learning new things is a good way to meet new people and boost our self confidence, which in turn improves our mental health and wellbeing.

- Try out a new recipe
- Join a class or learn a new language
- Learn something new about the people around you



Research has found a link between doing good things and an increase in wellbeing.

- Try and do one kind thing every day
- Become a Health in Mind Hero by giving your time through volunteering/ fundraising

If you have any worries or concerns about your child's wellbeing, then please let school know.