



Mental Wealth, Young Minds Mental Health Focus at Gig Mill 2019-2020



5 Ways to Wellbeing

Above are five things that, according to research, can really help to boost our mental wellbeing. During the Autumn term, the children will be focusing on 'Connect'

Connect

When it comes to our wellbeing, other people matter

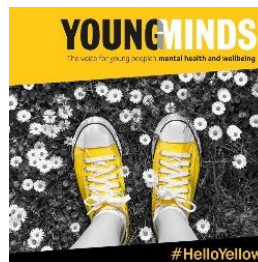


- Evidence shows that good relationships – with family, friends and our wider communities are important for our mental wellbeing.
- Mental wellbeing means feeling good about ourselves and the world around us.
- Building stronger, wider social connections can help us feel happier and more secure and give us a greater sense of purpose.

Celebrate World Mental Health Day Thursday 10th October

Children to wear something yellow- 'Whether you choose a subtle splash of colour or dress like sunshine from head-to-toe, together we can show young people they're not alone with their mental health.' This is a mufti day for all children in school

Useful web site: <https://youngminds.org.uk/>



Parent Coffee Morning at School Friday 11th October 8.40 a.m. to 9.45 a.m.

You are all welcome to come and share a drink and have a chat. The School Nurse, Inclusion Leader and Pastoral leader will be available to discuss any issues or concerns you may have regarding your child's mental health, general health or education. Please come and share any ideas to develop our children's mental wellbeing.



Happy Homework Hour - linked to Connect

Friday 11th October

There will be no formal homework this weekend, no Maths, English or spellings! We would like children and families to do something to support your child's wellbeing linked to 'Connect'. Below are a few ideas but we are sure you will think of lots more fun activities to do! We look forward to the children sharing what they enjoyed doing for their happy homework hour.



Play a board game with your friends or family

Build paper airplanes and have a flying contest.

Connect with your family by watching a movie together

Go for a 'wellie walk' and splash in puddles

Bake cookies for your family to share



WE'RE HERE TO LISTEN AND SUPPORT YOU

The Children's Society host a friendly and welcoming emotional well-being drop in **each Wednesday at Costa Coffee on Stourbridge Ring Road from 4pm – 7pm for children aged 5 – 18** offering a safe space for children to take some time out to think, hang out and talk when they are ready. Whatever the problem, the team are ready to listen to you and talk it through.

WANT TO TALK?