



Before we start the assembly today to celebrate Children's Mental Health Week, I wanted to let you know that we take the topic of Mental Health very seriously and there are lots of teachers here to support you.

Meet the Team



Mrs Donley



Mrs Albery



Mrs Evans



Mr Brathwaite



Miss Iroegbu



Mrs Khan

Everyone at South Hill School is committed to ensuring that every child and family is supported to have and maintain healthy wellbeing.

We hold meetings at least once a term. We discuss how we can support both pupils and staff with wellbeing issues and then Mrs Albery writes up all the notes to tell Miss Wellbelove what we have been talking about and our actions.

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

3-9
FEB
2025



The importance of expressing
our emotions.

KNOW YOURSELF,
GROW YOURSELF

Joy



Sadness



Disney PIXAR
INSIDE
OUT 2



When we take notice of ourselves and how we feel, we are able to make better choices and be more connected with our feelings and behaviors.

Noticing these things can help us recognise when we need support.

What are some things we love doing, and what are others that fill us with fear.



Disgust



How well do we really know ourselves?

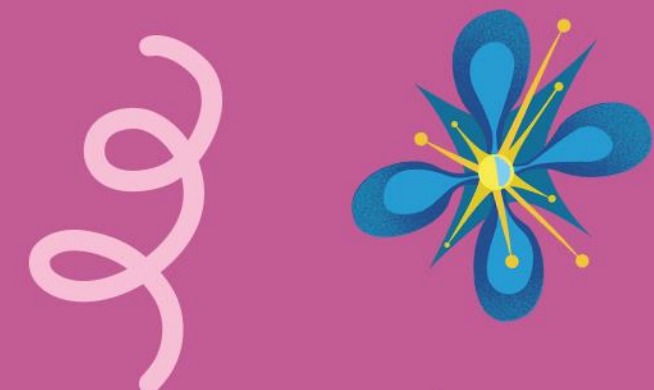


Sometimes we can feel like we are in the middle of a tussle of emotions - feeling joy, then sad, angry and jealous, all at the same time!

In Inside Out, Sadness asks Joy if she can go down into the memory pool with her.

Joy takes Sadness hand into hers and says to her friend, "Of course! Remember Sadness, wherever I go, you go too."

These emotions help us to understand ourselves better - what we like and dislike, where we feel comfortable and where we are scared. Can you think of a time when you were happy and sad?

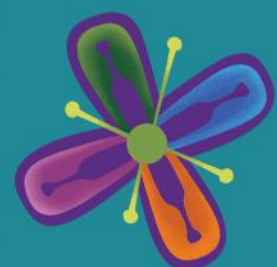


Children's Mental Health Week Activity

There are parts of ourselves that we may not see as easily. Sometimes we can learn more about ourselves with the help of family, friends, and teachers.

- What makes me feel sad and nervous?
- What makes me feel joyful or happy?
- What do I enjoy learning about?
- What am I good at?
- What makes me laugh?





Getting to know yourself and each other is a wonderful way to grow, make connections and support others.



"The most important thing is to try to know yourself."
– Socrates



"Promise me you'll always remember you're braver than you believe, and stronger than you seem, and smarter than you think."
– Christopher Robin



"Every one of us needs to show how much we care for each other and, in the process, care for ourselves."
– Princess Diana



Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**
3-9
FEB
2025



Art Activity: Know Yourself, Grow Yourself

Wellbeing activity for primary-aged children, from Place2Be's Art Room.



The art activity that has been planned for you this week encourages you to learn more about yourself by imagining yourself as a plant, cactus or tree in growth.



You can use paper or card.
You can draw, paint, cut, tear
and paste recycled materials.
You can words if you want to.

Whatever you decide to do will
be unique to you because you are
all unique individuals. Good luck
and I cannot wait to see your
brilliant work.