



Welcome to our dedicated mental health and wellbeing page.

At Fairlands Middle School we are committed to supporting the emotional health and well-being of both our staff and pupils. We know that everyone experiences challenges in life and that can make us vulnerable. At times, we may need additional support.

This page is an avenue to access online resources and wellbeing guidance for young people.

At Fairlands Middle School, we aim to:

- Help our pupils to better understand emotions and feelings
- Help our pupils feel comfortable sharing any worries or concerns
- Help pupils to build relationships
- Promote self-esteem and ensure our pupils know they are valued
- Encourage pupils to be confident
- Help our pupils develop resilience and how to manage setbacks

We offer additional support using specific resources and targeted interventions. Our pupil and staff Wellbeing Champions drive initiatives to enable all pupils to access a toolkit of positive mental health resources.

Our lead staff members who are accredited Adult and Youth Mental Health First Aiders are:

Mrs Helen Heffernan

Mrs Lea Mazi-Thomas

Mrs Andrea Brice

Miss Melane Smith

Online resources

There is a wealth of online resources to help your child understand the importance of emotional intelligence, mindfulness and personal wellbeing. Below is a list of some of the resources that we use at school to help support our pupils.

- Action for Happiness – a non-profit making group committed to building a happier, more caring society.

www.actionforhappiness.org

- Anna Freud Centre – a children’s mental health charity providing specialist help and training and research.

www.annafreud.org

- Young Minds – is the leading UK charity committed to improving emotional wellbeing and mental health of children and young people.

www.youngminds.org.uk

- Childline – a counselling service for children and young people.

www.childline.org.uk

- Mind – the national mental health charity which offers a range of excellent resources and local support group.

www.mind.org.uk

- Kooth – A web based service providing free, safe and anonymous online support and counselling for young people aged 11+

www.kooth.com

Physical Health

Physical health is critical for positive wellbeing and can be affected by lifestyle, diet and behaviour. Poor physical health can impact on our mental health and poor mental health often impacts on our physical health.

Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best.

This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

Children and young people should aim to complete 2 types of physical activity each week. This could be an aerobic exercise or exercises that strengthen muscles. If you would like any advice, the following may help:

www.nhs.uk

www.healthforkids.co.uk

www.kidsexercise.co.uk

www.thedailymile.co.uk

www.childrenscommissioner.gov.uk

www.gonoodle.com

Sleep

Good sleep is important for your child's physical and mental well-being.

A relaxing bedtime routine is one important way to help your child get a good night's sleep. Doing the same relaxing things in the same order and at roughly the same time each night helps promote good sleep. You could try a warm bath before bed time, keeping the lights dim, this encourages your child's body to produce the sleep hormone melatonin. There are lots of tips and advice on the following websites:

www.nhs.uk

www.sleepcouncil.org.uk

www.supernanny.co.uk

www.bbc.co.uk

We all have mental health, just like physical health. Good mental health is about feeling positive about ourselves and our lives as well as being able to cope with problems when they happen.

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

If you would like any help, advice or someone to talk to please contact the school office 01934 743188 or email the Wellbeing Team at office@fairlandsmiddleschool.co.uk