

Welcome to our dedicated mental health and well-being 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 and at times, may need additional support.

At our school we:

Help our pupils understand emotions and feelings better

Help our pupils feel comfortable sharing any worries or concerns

Help pupils to build relationships

Promote self-esteem and ensure our pupils know they count

Encourage pupils to be confident

Help our pupils develop resilience and how to manage setbacks

We offer additional and targeted support using specific resources and targeted interventions. Our school well-being champions drive initiatives to enable all pupils to access a toolkit of positive mental health.

This page is an avenue to access online resources and wellbeing guidance for children. As well as these resources, please feel free to contact any of the staff members listed below.

Our lead staff members who are accredited adult and youth Mental Health First Aiders are:

Mrs Helen Heffernan

Mrs Lea Mazi-Thomas

Miss Melane Smith



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.

- www.youngminds.org.uk
- www.childline.org.uk
- www.mind.org.uk
- www.selfharm.co.uk
- www.selfinjurysupport.org.uk
- www.youthaccess.co.uk
- www.2BU-somerset.co.uk
- CAMHS (Child and Adolescent Mental Health Service)*

*REFERRALS TO CAMHS ARE ARRANGED THROUGH YOUR GP OR ANOTHER HEALTHCARE PROFESSIONAL.

Below are some free Apps that offer advice and support for young people:

- Cove
- Booster Buddy
- Blue Ice
- Headspace
- SAM
- Mindshift
- Catch it
- Calm Harm

Physical Health – is defined as the condition of your body and is critical for overall wellbeing and can be affected by lifestyle, diet, level of physical activity and behaviour. Increasingly health care professionals agree that 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 do 2 types of physical activity each week, this could be an aerobic exercise and exercises that strengthen muscles and bones. 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.

We are here for you all, if you would like any help, advice or someone to talk to please contact either 01934 743188 or email the well-being team at office@fairlandsmiddleschool.co.uk.