



LYDIATE
LEARNING
TRUST

Engage
Enable
Empower

Children's Mental
Health Week
Assembly
2022



CHILDWALL
SPORTS &
SCIENCE ACADEMY

LYDIATE
LEARNING TRUST

Child Protection at Childwall Sports & Science Academy

Please speak to one of these members of staff if you have any child protection concerns



Miss J Cassidy
Designated Safeguarding Lead



Miss K Magee
Deputy Designated Safeguarding Lead



Mr M Langley



Miss J Wilde



Mrs N Kaye



Mrs C Payne



Mr D Rietdyk



Mr J Backhouse

Please note: All child protection or safeguarding referrals must be made online via **CPOMS**, which is located in your Start Menu



**Where are YOU
on the mood
rainbow today?**



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The theme this year is...

**GROWING
TOGETHER**

Growing Together is about growing emotionally and finding ways to help each other grow.

So lets look into this further...

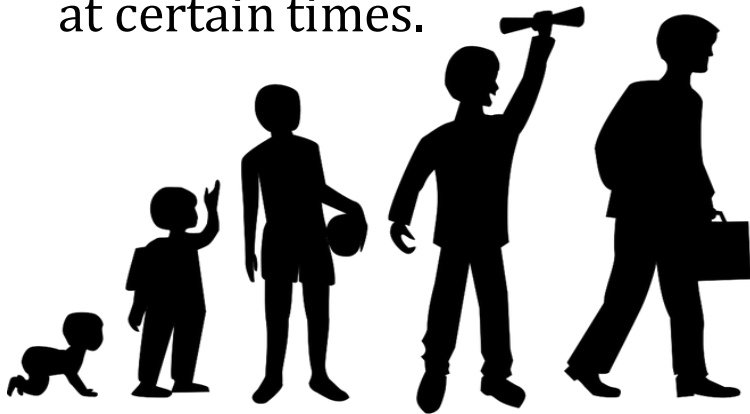
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What is growth?

Physical Growth

This is what we usually think of by growth – when we grow from a baby into an adult. We may even have growth spurts at certain times.



Emotional Growth

Another way in which we grow is emotionally. Things that bothered us as a baby, no longer upset us as an adult.

Challenges and setbacks help us grow and adapt emotionally.



Can you think of a time you've grown to be able to do something that you couldn't when you were younger?



Who helps you to grow?

Emotional growth is often something that takes a lot of time, and sometimes we can feel a little stuck. We can even sometimes feel like we are taking a few steps backwards – especially when we feel anxious or overwhelmed. This is just nature's signal that we may need a little bit of help.

Can you think of people in your life who help you to grow emotionally?

Teachers or your school community.



Family

Religious communities or social groups.



Pets



Friends



Sports teams or people you do a hobby with.



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The Teenage Brain



<https://www.youtube.com/watch?v=001u50Ec5eY>

The Teenage Brain

As we've seen in the video, adolescence is a time when our brains are actually changing and growing rapidly. We have enhanced 'neuroplasticity'.

This means that *our teenage years are an EXCELLENT opportunity to learn new things* – including new habits and strategies for our mental health.

ALL new things need **practice**, as when we practice, our brain's neural pathways strengthen. However as a teenager, you need less practice than a fully grown adult. This means that it's much easier for you to learn a TikTok dance, master a new football trick or even pick up a new mental health habit.



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Making changes

At New Year, we often make resolutions but often these can be centered around giving something up. **Why don't you use this week to pick something new to practice?**



SWITCH OFF

Turn your phone off at bedtime

Set your phone aside when studying

Use apps that make you happy

Make an effort to connect face to face

LEARN SOMETHING NEW

Learn a new language

Make time for your interests and passions

Learn new skills from others

Commit to set amount of time every day/week

PRACTISE EMPATHY

Write short notes of gratitude

Treat everyone with respect

Think more, say less

Volunteer, or do community service

LOVE MORE

Share thoughts of appreciation and love

Make an effort to contact those you don't see often

Find people that lift you up

Forgive others

GIVE SELF CARE

Ask for help when you need it

Write a journal, or diary, every day

Share your feelings with a trusted friend or adult

Prioritise quality sleep



What's happening this week...



MONDAY

Assembly with Mr Rietdyk on 'Growing together'.



TUES/WEDS/THURS

Form group activities on:

- Stress
- Sleep
- Growth stories



RE LESSONS

Sessions focusing on 'Growing together' and our own mental health.

Design a poster
COMPETITION

Place2Be's

**CHILDREN'S
MENTAL HEALTH
WEEK**

7 - 13 FEBRUARY 2022

Competition Information

We need YOUR help!

We need as many students as possible to take part in our **DESIGN A POSTER** competition.



This is open for all students from Year 7 to Year 11.

1st, 2nd and 3rd place winners will be announced in the last week of school.

To be in with the chance to win our grand prize, read on...





The Success Criteria

- Your design **MUST** be themed about **positive mental health**. This could be things like *reminding people mental health is important, suggesting strategies to help, reminding them who they can talk to, or even something else.* (Examples on next slide)
 - It can be created in any format/medium (paint, drawing, digital, etc.) but it **MUST** be A4.
 - It needs to be handed in to Miss Gray or sent by email g.gray@childwallssa.org.



DEADLINE: Friday 11th January

It's a no brainer!

Your mind is your strongest asset, look after it!

- Do one thing at a time
- Talk about your feelings
- Do something creative
- Understand how all things come and go
- Be generous when helping others without expecting anything in return
- Practice your hobbies
- Make an effort to smile
- Get some sleep
- Exercise regularly

The sun will rise and we will try again

Mental Health Awareness

REMINDERS

- Make time for yourself and take breaks.
- It's ok to have bad and unproductive days.
- You deserve love, care and support.
- Allow yourself to feel, don't ignore and list.
- Listen to your emotions and what they are trying to tell you.
- Trust yourself, the journey you are on and that things get better.

IF TODAY IS ONE OF THOSE DAYS, REMEMBER:

- YOU'RE ALLOWED TO CRY.
- ALL YOU HAVE TO DO IS KEEP BREATHING.
- WE CAN ALWAYS TRY AGAIN TOMORROW.
- YOU ARE NOT GOING TO FEEL THIS WAY FOREVER.
- YOUR FEELINGS ARE VALID & YOU MATTER EVEN IF IT DOESN'T FEEL LIKE THAT RIGHT NOW.
- I PROMISE GOOD DAYS ARE AROUND THE CORNER.

#SupportNotStigma

DORY THINKS ITS A GOOD IDEA TO 'JUST KEEP SWIMMING'.

RAISIN AWARENESS ABOUT MENTAL HEALTH

TAKE CARE OF YOUR INNER WORLD

Guidance Counsellor

CLASS Teacher

SPHE Teacher

Year Five Safe Contacts

Head

Deputy

Princ

MENTAL HEALTH IS...

- Important
- Something everyone has
- Intrinsically linked to (or probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Resilient
- Changeable
- Complex
- Real

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to 'snap out of'
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can 'snap out of'
- Fixed
- False news