

# MENTAL HEALTH AND WELL-BEING FACULTY

*'Find Your Brave'*

## What is Mental Health and Well-Being?

"Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community!"

(The World Health Organisation, 2014)



## Our faculty intent

At Oak Meadow, we aim to promote a culture of care and concern for our pupils and staff. This demands that everyone accepts responsibility for their own and others' wellbeing. Our intent is to create a healthy and safe environment where pupils feel comfortable to discuss their mental health. We also aim to equip pupils with strategies and practices in order to support them throughout life and the mixture of emotions and experiences they may encounter.



## The implementation of our faculty

During a day with the Mental Health and Well-Being team, children will experience a range of activities:

**Mindfulness and Meditation workshop** – Children to explore strategies and techniques to help deal with a range of emotions.

**Sleep therapy experience** – Children to explore and practise calming techniques.

**Sensory exploration and emotional bingo** - Children to explore their senses by undertaking a sensory based quiz in teams.

**Yoga session** - Children to explore how to use physical activity to help calm the mind and body.

**Find your Brave** – Children to undertake activities to help them step out of their comfort zone.

## How our faculty aspires to make a difference

We hope children will leave our faculty feeling positive, calm and relaxed. As a faculty, we hope to equip them with techniques and strategies in order to help them throughout their daily life when met with different emotions and challenges.

We aim to promote mutual trust and respect for each other throughout the school and the wider community. We hope to give the children the confidence to speak openly and understand that is ok not to be ok and where to go if they are feeling this way.

On-going support will be available through the SMILE Team representatives and a Mindfulness club is open to all year groups on Wednesdays 3.15pm-4.00pm.

From tiny acorns mighty oaks grow...



go the  
extra  
**MILE**  
it's never  
**CROWDED**



IF IT WASN'T HARD  
*everyone*  
**WOULD DO IT.**  
*it's the hard that*  
**— MAKES IT —**  
*great.*

From tiny acorns **mighty oaks** grow...

