Mental Health and Wellbeing Policy for children

What is mental/emotional health?

Mental Health in childhood means reaching developmental and emotional milestones, and learning healthy social skills as well as how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities. As children we all face many pressures in modern life such as bullying, peer pressure, social media burdens and family breakdowns, and will ignore emotional messages that tell us something is wrong and try toughing it out. As a result, we may struggle emotionally and engage in unhealthy behaviours.

How our emotional needs are supported

Our teachers at Darlinghurst Academy strongly believe that our mental wellbeing is as important as our physical health. Often, children suffer from mental health issues and don't talk about how they are feeling. Here at Darlinghurst we have adults who give us a voice and a place where we can be heard. We think it is important for every child in our school to have the opportunity to express their feelings. Mrs Grant, Mrs Wheeler and Mrs Ricks and all the adults are here to support us all and Mrs Bush and Miss Sankey are also Mental Health First Aiders

We all have difficult days and it's okay to speak to our parents, Mrs Grant, Mrs Wheeler, Mrs Ricks and other school staff to try to get the help we need

How we can protect our own emotional and mental health

Get enough sleep

Being part of a family that gets along most of the time and being able to manage conflict in a healthy way

Have a balanced diet and exercise

Coming to a school like Darlinghurst that looks after the wellbeing of all their children

Taking part in outside activities with our friends

Feeling loved, trusted, understood, valued and safe

Being hopeful and optimistic

Be able to learn and succeed

Feeling that we belong (family, school, community)

Being proud of who you are, and knowing what you are good at

Having the strength to cope when something is wrong

Feeling we have some control over our life

Adults are here to help