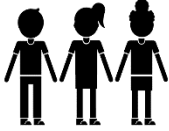
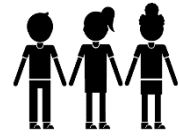


Mental Health Champions



*"You are braver than you believe, stronger than you seem,
and smarter than you think."
A.A. Milne*



Who Are They?

The Healthy Minds' Champions group are trained by the NHS Healthy Minds Team. The Champions are made up of eight year six children. Each class has one Wellbeing Mentor and this person rotates weekly so that all children get to be part of the team; this person decides on one 'happy' activity for the whole class, e.g. 5 minutes extra play time. Our School Dog has now joined the Mental Health Champions and is offering emotional support to those that need it.



What They Do?

The purpose of the Healthy Minds' Champions group is to ensure that young people's voices are heard and integrated into any measures that the school implements to support mental health.

As a group, the children will explore what is working in the school to support positive mental health and consider what we can develop further. They lead on implementing any changes across the whole school. These changes will be planned with the support of school staff.



How They Make A Difference?

Throughout the year, the Healthy Minds' Champions aim to meet a range of objectives including:

- Leading on helping others have positive mental health within their class and across their year group
- Leading discussions on improvements to the school with mental health in mind
- Supporting children in KS1 to have positive mental health and ensure they have happy and active breaks
- Spotting random acts of kindness



Striving for Excellence, Inspired by Gospel Values