

# Wellbeing Corner

## Keeping Mentally Healthy

We will all face challenges and situations we find difficulty. Unfortunately, we cannot prevent our children from facing difficult situations but we can provide them with protective factors, which will help them cope.

### Protective factors include:

Be Active

Giving to others

Connecting and positive relationships

Keep learning

Take notice



**Exercise** is good for our physical health and helps protect our mental health. Exercise can varied and could include walking with a friend, playing a sport, dancing, swimming.

At school, the girls have regular exercise through PE lessons, and learn about the value of physical activity. Mr Colomer has also established challenge cards for the girls. These can be achieved in 10 minutes each day and encourage the girls to challenge themselves to improve. We also encourage the girls to be physically activity at playtimes and introduced new sets of skipping ropes following the skipping training in the summer term.

<https://mentallyhealthyschools.org.uk/risks-and-protective-factors/>

<https://www.healthline.com/health-news/exercise-benefits-children-physically-and-mentally>

<https://www.publichealth.hscni.net/sites/default/files/2022-05/Take%205%20Leaflet%2022%20final.pdf>

## ELSA

Our ELSA room is open daily at lunchtime (Forms 1-6). Please remind your child that they are able to come to the ELSA room (12.40-1.10) to talk to an adult, if they have any worries. Parents can also contact the ELSA's directly using the following email: [elsa@seatonhouse.sutton.sch.uk](mailto:elsa@seatonhouse.sutton.sch.uk)