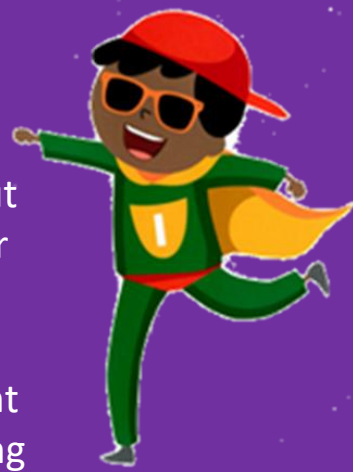


Summer 1 Focus – Inclusive Izeyah



In Summer term we have been learning all about health, but specifically mental health. This links to our ASPIRE character Inclusive Izeyah. We used resources from Place2Be and Mentally Healthy Schools to explore the idea that physical and mental health are equally important. The pupils thought of small changes they could make to ensure they are keeping their bodies and minds healthy. The children read many books linked to feelings, sharing problems and dealing with big emotions. They learnt about being a supportive friend, a good listener and built up a 'toolkit' of strategies to help them in stressful or worrying times. A Mental Health Pupil Voice Group was created. These pupils worked with staff to create a child-friendly mental health policy. Pupils also created a video to share our development towards being a mentally healthy school.

