

Wellbeing

We all know that being physically active and eating healthily promotes good physical health but sometimes it is more difficult to know what to do to improve our mental health and wellbeing, when we are struggling.

Within St John the Baptist Primary School, we use a whole school approach to support children's mental health and well-being with tools like 'Trickbox', mindful breathing and SCARF, which is a comprehensive toolkit, to support the teaching of PSHE.

<https://www.coramlifeeducation.org.uk/whole-school-scarf>

In our school, learning how to be physically and mentally healthy are important skills for our St John's community. This section of the website is designed to support the families of our children with a wide range of resource, tools and strategies for wellbeing as well as sign posting to charities and healthcare providers.



<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/>



<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/>

BITESIZE

<https://www.bbc.co.uk/bitesize/articles/zndp6v4>

<https://www.bbc.co.uk/bitesize/groups/cw9v6l8d0q6t>

<https://www.bbc.co.uk/bitesize/groups/c306433371zt> teens



<https://www.childline.org.uk/>



Hampshire Child and Adolescent Mental Health Service

<https://hampshirecamhs.nhs.uk/help/young-people/>

<https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-and-yoga/bedtime-meditation/>



https://www.camhs-resources.co.uk/_files/ugd/e3ca78_9e47c10c3462422cbbf15f57707c380e.pdf



<https://www.mentalhealth.org.uk/>



<https://otr-south.org.uk/>



<https://www.place2be.org.uk/>



<https://www.nhs.uk/media/243781/self-esteem-03-15.pdf>

NSPCC

<https://www.nspcc.org.uk/>



<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

<https://www.camhs-resources.co.uk/websites>



<https://tutorful.co.uk/guides/the-expert-guide-to-help-your-child-with-anxiety>



<https://www.youngminds.org.uk/young-person/find-help/>