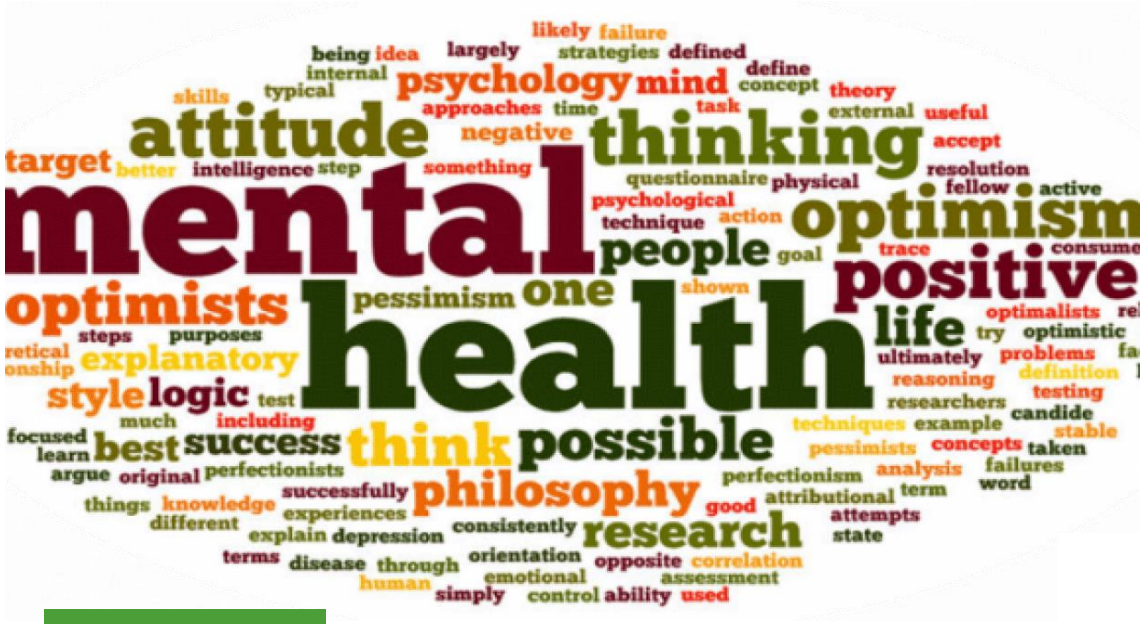
Mental Health and Well-being at Sketty Primary School

By: Rights Respecting School Super Ambassadors













Mental Health With

unicef
for every child

We had a meeting with UNICEF where we talked about mental health. Sally Holland the Childrens' Commissioner of Wales attended the meeting. She gave her opinion on mental health and supported others. Lots of schools attended the meeting and listened to young people's experiences of Mental Health and the advice given by Mental Health experts at the meeting.

Our Super Ambassador Mission



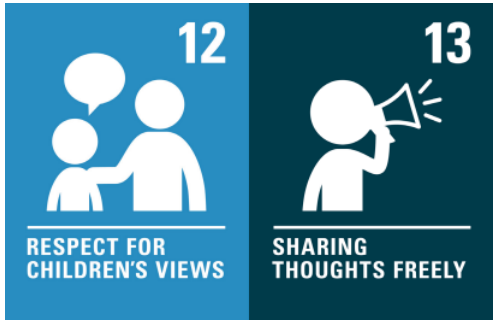
Sally Holland, The Children's Commissioner of Wales, assigned us a special mission to ask every child in our school about their health and well-being.

Comisiynydd Plant Cymru
Children's Commissioner for Wales



We asked pupils in our school the following questions:

- What does well-being mean to you?
- How does our school support your well-being?
- What else could our school do to support your well-being?





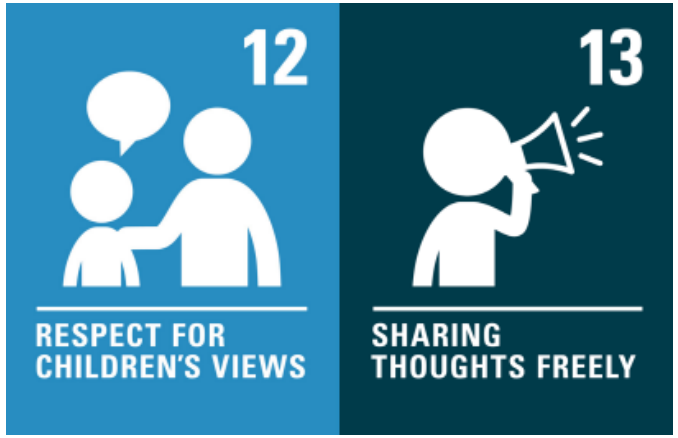
What does well-being mean to you?

- Taking care of your body and mind
- Having good mental health
- Mindful activities
- Being confident and brave
- Being happy and healthy
- Being helpful
- Having a lovely heart
- Focusing on the things that are good in your life, not the bad
- Calming down techniques for when you feel stressed
- Relaxing, resting and putting your feet up
- Controlling your emotions
- Being calm
- Exercising
- Expressing your emotions and being able to talk to someone about your feelings.
- Having rights
- Having fun
- Doing sports e.g Football Rugby Dance Gym any sport you want



- Having a balanced diet
- Staying safe
- Being honest
- Having a good life
- Keeping fit and Staying Healthy
- Doing things that are good for your mental health
- Eating well and having a healthy mind
- Being healthy - physically and mentally
- Trying new things and goals to aim for
- Learning new things
- Taking a break
- Being kind to others
- Cheering people up when they are sad
- Sharing is caring
- Having a loving family and pets
- Making friends and playing with friends











We asked you...
What could your school do to support your well-being?

- Yard games
- Wellbeing corner
- Golden time
- Wellbeing days
- Tracing
- Wellbeing Wednesday
- Awareness days
- Making pictures
- Healthy cooking
- Fun games in PE
- Cricket
- More sports
- Origami
- Singing
- Concerts
- Drama

Here are a few thing that our school does to support your well-being?

- Regular Check ins and outs!
- Teachers and friends to talk to
- Health and Well-being lessons
- Mindful Mondays
- Regulation Station
- Well-being shed
- Wellbeing-lessons
- Emotion coaching

- Regulation station
- Restorative practice
- Outdoor reading area
- Outdoor play equipment
- After school clubs
- Awareness days









Winning ways to help yourself and others with their wellbeing



If you are really worried about your own or someone else's well-being what could you do?





childline

ONLINE, ON THE PHONE, ANYTIME

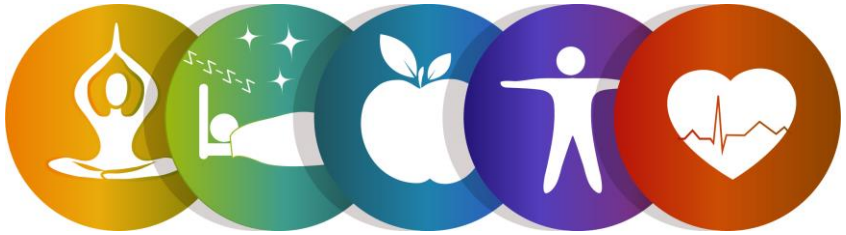
childline.org.uk | 0800 1111



Tell someone you trust, this could be:

- A teacher
- A friend
- A Pet
- Your parents/Carers
- A member of your family
- A Neighbour
- An after-school club teacher/coach
- ChildLine 08001111 Childline.org.uk.kids







Thank you for listening. Please don't forget to take care of your well-being and that of others.

Be kind, be respectful and try to understand everyone's emotions and help and support them the best you can.

Comisiynydd Plant Cymru
Children's Commissioner for Wales

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RIGHTS RESPECTING SCHOOLS
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