



Positive Mental Health at Wayland Academy KS3

Welfare Day

What is Welfare Day about?

- Feeling good about yourself
- Understanding current issues in the world
- Understanding HOW you can be safe and prevent yourself from harm
- Understand how to deal with different situations
- To be confident and PROUD of yourself and all you do at school and at home
- To reach Wayland Academy's expectations

What, When, Where and How often?

- Welfare day will take place once a week (See next slide)
- Welfare day will cover the following topics: Behaviour expectations; Safeguarding yourself; Anti-Bullying; Radicalisation/Extremism;
- You will learn about each one of these topics once a week
- There will be quizzes, questionnaires, information, video clips and discussion topics

Welfare Day timetable

Welfare Day timetable Autumn Term 17/18

	Hero + 7FL Monday	Macmillan Wednesday	Star + Y11s Tuesday	Nelson Thursday
11th September	Mental Health	Mental Health	Mental Health	Mental Health
18th September	Extremism	Extremism	Extremism	Extremism
25th September	Anti-Bullying	Anti-Bullying	Anti-Bullying	Anti-Bullying
2nd October	Safeguarding	Safeguarding	Safeguarding	Safeguarding
9th October	Behaviour	Behaviour	Behaviour	Behaviour
16th October	Prejudice&Discrimination	Prejudice&Discrimination	Prejudice&Discrimination	Prejudice&Discrimination
30th October	Mental Health	Mental Health	Mental Health	Mental Health
6th November	Extremism	Extremism	Extremism	Extremism
13th November	Anti-Bullying	Anti-Bullying	Anti-Bullying	Anti-Bullying
20th November	Safeguarding	Safeguarding	Safeguarding	Safeguarding
27th November	Behaviour	Behaviour	Behaviour	Behaviour
4th December	Prejudice&Discrimination	Prejudice&Discrimination	Prejudice&Discrimination	Prejudice&Discrimination
11th December	Welfare day form project	Welfare day form project	Welfare day form project	Welfare day form project

Mental Health

This is a list which is commonly used when speaking of mental health and mental health illness, there are many more that would run into the thousands, here are just a few:

Depression

Anxiety

Schizophrenia

Bipolar disorder

Eating disorder

Dementia

We are going to show you how to maintain a positive mental state

Maintaining a positive mental state

Eat a healthy diet: There are strong links between what we eat and how we feel; for example, caffeine and sugar can have an immediate effect. But food can also have a long-lasting effect on your mental health.

Keep active: Experts believe exercise releases chemicals in your brain that make you feel good. Regular exercise can boost your self-esteem and help you concentrate, sleep, look and feel better. Exercise also keeps the brain and your other vital organs healthy.

Take a break: A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your bedroom, a half-hour lunch break at work, a half-hour break from homework, or a few hours or a weekend exploring somewhere new with friends. Even a few minutes can be enough to de-stress you.

Do things you're good at or enjoy: What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself helps beat stress. Doing an activity you enjoy probably means you're good at it and achieving something boosts your self-esteem.

Care for others: Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together. We all need each other to be happy!

Maintaining a positive mental state

Talk about how you are feeling: Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled. Talking about your feelings isn't a sign of weakness. It is part of taking charge of your wellbeing and doing what you can to stay healthy. (But don't use Facebook or Twitter to talk about your feelings!)

Sleep: Sleep has both physical and mental benefits. Physically, it is the time when the body can renew its energy store; however, sleep also helps us to rebuild our mental energy.

Smile and Laugh: Smiling and having a good laugh do wonders for the mind.

Ask for help when you need it: None of us are superhuman, and sometimes that's hard to accept. However, we all occasionally get tired or overwhelmed by how we feel or when things go wrong. If things are getting too much for you and you feel you can't cope, ask for help.

Accept who you are: Some of us make people laugh, some are good at maths, and others cook fantastic meals. Some of us share our lifestyle with the people who live close to us, others live very differently. We're all different. Be happy being the person that you are; don't try to be someone that you are not.

Mental Health

Mind is a mental health charity which helps people cope and manage their mental health and mental illnesses

<https://www.mind.org.uk/> (teacher to navigate through the website)