

Keeping Safe Week

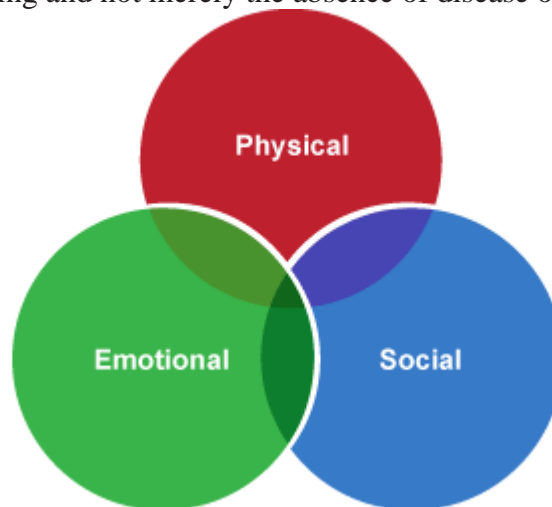
Tuesday 17th November 2020

My well-being, physical, emotional and mental health



Physical, emotional and social wellbeing

The World Health Organisation (WHO) defines health as 'a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity'.



Physical health

Good physical health is linked to **fitness** – being able to perform effectively the physical tasks involved in life as well as sport. Being physically healthy includes:

- enjoying being physically active
- having good balance, coordination and agility in everyday tasks as well as sport
- having the strength, stamina and suppleness required for daily life, work and play
- having fewer illnesses, diseases and injuries

Emotional health

Emotional – or mental – health is linked to personal **wellbeing** – feeling positive about yourself. Being emotionally healthy includes:

- having self-esteem and self-respect
- being able to recognise and express feelings
- being able to manage emotions to suit the situation
- recognising and managing the factors that affect emotions
- feeling positive about life (which includes feeling useful and being optimistic about the future)

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Social health

Social health also contributes to wellbeing – feeling positive about interactions with other people and the wider world. Being socially healthy includes:

- being able to interact with a range of people and having a sense of belonging
- having respect, empathy and tolerance for other people
- being able to manage emotions to suit the situation
- recognising and managing the effects of actions on others
- being aware of rights and responsibilities

<https://www.annafreud.org/parents-and-carers/>

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

<https://www.bbc.co.uk/bitesize/topics/znhmwty/articles/z4q4bdm>

<https://mindedforfamilies.org.uk/>

When children learn to manage their emotions in childhood it leads to positive attitudes and behaviours later in life

Children who learn healthy ways to express and cope with their feelings are more likely to:

Be empathic and supportive of others

Perform better in school and their career

Have more positive and stable relationships

Have good mental health and wellbeing

Display less behavioural problems

Develop resilience and coping skills

Feel more competent, capable and confident

Have a positive sense of self

School resources:

School ethos, values and curriculum supported by statutory policies around pupil well-being and capacity to thrive. Including: - See our policies page.

Personal Social Health Education curriculum –PSHE- see website

Relationships Sex (puberty) Health Education curriculum RSE-see website

A Pastoral Team including:

A Pastoral Lead – A qualified therapist, child and family work

A Learning Mentor – Learning Mentor training with a range of goal centred practice to support children's engagement at school- also trained in tools of play therapy and coping with bereavement.

An Education Mental Health Practitioner – Qualified to support parents to manage and support strategies for anxiety and behaviour concerns. This worker is attached to West Hill and has worked with many of our parents and is aligned with

Wandsworth Schools : Children and Young People's Wellbeing Service.

[Click here for leaflet](#)

From the NHS :

Step right up! It's the miracle cure we've all been waiting for It's free, easy to take, has an immediate effect and you don't need a GP to get some. Its name? **Exercise.**

Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life.

<https://www.nhs.uk/change4life>

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

<https://www.gosh.nhs.uk/medical-information/general-health-advice/leading-active-lifestyle/exercise-children-and-young-people>