



What is mental health?

Mental health is about how we think, how we feel and how we behave. Having good mental health means that you are able to make the most of your life, reach your potential and cope with the ups and downs of life.



Communicate any concerns with school

If you have any worries or concerns about your child's emotional behaviour or wellbeing, then please let school know. There will be things that we can do to help and support you.

We would love to know if this newsletter is useful to you or if there are other support ideas you might need.

Please let us know by speaking to a member of SLT or by emailing the school at office@johnperry.bardaglea.org.uk



World Health Day 2024 – 'My health, my right'

World Health Day is celebrated each year on April 7th, marking the founding of the World Health Organization (WHO) in 1948. This day is dedicated to raising awareness about critical health issues facing the world and mobilising efforts to address them.



The Essence of World Health Day

This day serves as a pivotal moment to reflect on the health challenges that persist globally and the efforts made towards improving health outcomes.

Around the world, the right to health of millions is increasingly coming under threat.

Conflicts are devastating lives, causing death, pain, hunger and psychological distress.

The burning of fossil fuels is simultaneously driving the climate crisis and taking away our right to breathe clean air, with indoor and outdoor air pollution claiming a life every 5 seconds.

The WHO Council on the Economics of Health for All has found that although at least 140 countries recognise health as a human right in their constitution, only 4 countries have mentioned how to finance it.

This Year's Theme

To address these types of challenges, the theme for World Health Day 2024 is 'My health, my right'.

This year's theme was chosen to champion the right of everyone, everywhere to have access to health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.

Have a look at the following links to find how we can all contribute to make our world a better and healthier place for all:

[Waste Not, Want Not: 5 Tips to Kick Food Waste to the Curb!](#): five fantastic tips to help you cut down on waste and save both the planet and your wallet...

[World Health Organisation: Programme for Gender Equality, Human Rights & Health Equity](#)

NSPCC Free Online Safety Virtual Workshop

The NSPCC Keeping Children Safe Online workshop provides parents and carers with information about how to support their child in their online world. The 40-minute pre-recorded presentation covers topics such as online bullying, mental health, and social media, as well as signposting to resources and organisations for help and support.

Click here to watch the workshop: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/free->

Active April

Let's find ways to get moving and stay active and healthy.

Active April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening
8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation
15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day
22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat
29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today					

ACTION FOR HAPPINESS Happier · Kinder · Together



Parental Mental Ill-health and its Effects on Children

Poor parental mental health can have a detrimental effect on the health and development of children and young people, which can lead to an increased risk of mental health problems for the children and young people themselves.

Around one-in-four adults in England will have at least one common mental health condition with women more likely to experience common conditions than men. Only around a quarter of those with a common mental health condition receive treatment for their condition.

Children and young people can cope very well with upsets if they are short lived and they know what is happening, but often adults feel the best way to help them is to protect them from the truth and so they do not explain what is happening. This can leave the children and young people feeling:

- frightened of what will happen to them or their parent/carer;
- to blame for the situation;
- worried that they might develop the same condition;
- stigmatised;
- confused by their parent's erratic behaviour.

If you are going through a challenging time in your life, we encourage you to seek help from health specialists of charities that specialise on mental health and offer free advice such as [Mind](#), [Samaritans](#) or the [Mental Health Foundation](#).

Please speak to a member of our staff, especially our [school's Safeguarding team](#); we will do everything in our power to support you and your family.

You Are Not Alone