John Perry Primary School



Mental Health & Wellbeing Newsletter - Issue 7 (April 2024)



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:

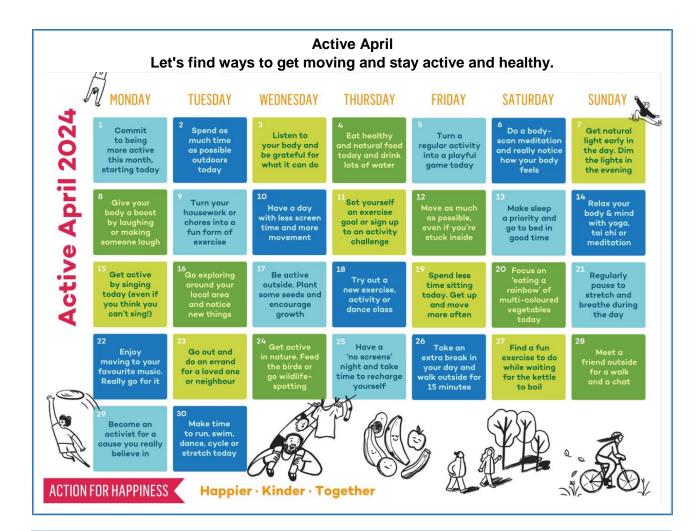
<u>Waste Not, Want Not: 5 Tips to Kick Food Waste to the Curb!</u>: five fantastic tips to help you cut down on waste and save both the planet and your wallet...

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-



Parental Mental III-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 <u>school's Safeguarding team</u>; we will do everything in our power to support you and your family.

