



## What if... ?

At the beginning of Children's Mental Health Week a range of leaflets have been launched to help students know where to seek the right help. These leaflets give details of charities and dedicated professionals working to help the wellbeing of children and young people. Although we reiterate that school is always a safe place to reach out for help, it's equally important to inform students of the help that's available.

If you have any more themes that you would like to be covered please contact our DSL on [hholmes@carshaltongirls.org.uk](mailto:hholmes@carshaltongirls.org.uk)

### What If...

*Someone is unkind to me?*



#teamchsg

### What If...

*I feel sad all the time?*



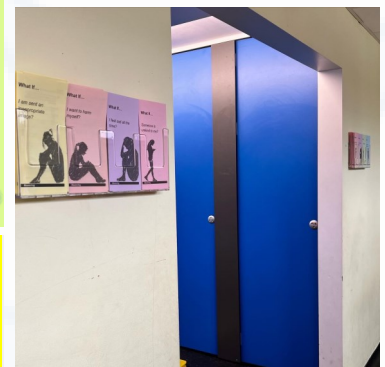
#teamchsg

### What If...

*I don't feel safe?*



#teamchsg



### What If...

*I want to harm myself?*



#teamchsg

### What If...

*I am worried about a friend?*



#teamchsg

### What If...

*I am sent an inappropriate image?*



#teamchsg



## School Pressure - Drop In Session

Sixth Form Wellbeing Ambassadors discuss school pressures with the younger years.

Through the week, during break and lunch, students had the option to go to a drop in session to discuss any school life related pressures.

A number of students took up the opportunity to be able to discuss the school pressures or simply ask for advice from their peers on how to better organise themselves

Some light refreshments were also available.

## Children's Mental Health Week

Place2be brought us a line up of well known names sharing their 'Growth Stories'.

These growth stories helped students to learn the skills and mindset they need to combat obstacles in their own personal growth. Pin drop silence in Students listened intently throughout the week to the different growth stories that they heard and then reflected and discussed.



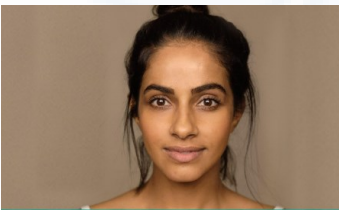
**YolanDa Brown**

Saxophonist, composer, broadcaster and Place2Be Champion, known for her work on CBeebies.



**Dr Alex George**

Presenter, author, YouTuber, doctor, and UK Youth Mental Health Ambassador.



**Mandip Gill**

Actor, known for her roles in Doctor Who and Hollyoaks.



**Andy Lewis MBE**

European, World and Paralympic Champion, youth mentor, and Place2Be Champion.



**Jacob Anderson**

Actor, singer, songwriter and Place2Be Champion, known for his roles on Game of Thrones and Doctor Who.

### Setting Goals, Exercise and Resilience

A range of different activities were lined up during Tutor time.

Listening to the importance of setting goals to help create a positive mindset, to how exercise can help maintain overall wellness and the connection with exercise and good mental health.

Resilience was a key point, helping students understand that a positive mindset is the most important aspect of overcoming obstacles in their overall growth.

It was quite helpful, when I exercise and take my dog for a walk, it will get me fit and healthy. If I plan better I can sleep early and get up earlier to feel better.

Cerys 7Y2

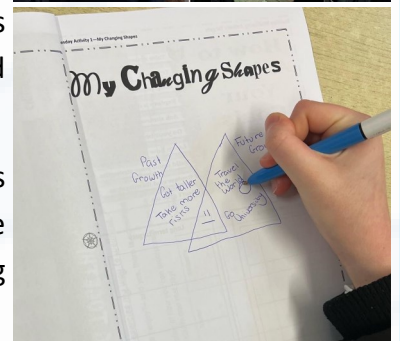
If you are sad then to remember its not always going to remain like that.

Vaishnavi 8G2

I found it really helpful because we found out how people deal with mental health. This helped me to understand how we can help others.

It helped me to know how I can help myself when I am feeling stress.

Kristina 10G2



The target planning helped me to put my thoughts on one page to see what I want and I also got a chance to observe others plans.

Niksika 8G2