



What should I already know?

- Children should understand that mental health is just as important as physical health.
- It's normal to experience a range of emotions and it's okay to talk about their feelings with trusted adults.
- Basic concepts like stress, happiness and coping strategies should be known along with the importance of positive relationships, play and balanced routines in maintaining mental well-being.
- Children should also be aware that seeking help is a sign of strength and that everyone sometimes needs support to feel their best.

What is mental health and how can we take care of it?

- Explain that in the same way as everyone has physical health (which is about their body), everyone also has mental health – both children and adults – which is about their mind, their emotions and feelings.
- Physical and mental health are connected. Being fit and well physically helps us to be fit and well mentally and vice versa.
- NHS England – Mental health is how we think, feel and behave.
- Mental health can be up and down like a thermometer.

How can we manage our emotions?

- Keeping a diary of feelings; talking to family; talking to a teacher; joining a school-club to make some new friends; going for a walk in the new area; thinking positively about the future and remembering that this feeling will pass.
- Anyone's mental health can be affected at different times in their lives and times of change, challenge or difficult events do not always cause or lead to a mental health concern.
- www.childline.org.uk
- 08001111

What is loss and bereavement?

- Grief is a natural response to change and loss, and can cause someone to experience a wide range of feelings, emotions, or physical reactions.
- Although grief is often experienced in response to a bereavement (the death of a family member/ friend/ loved one), it can occur in response to other losses too, for example: injury or illness (experienced by self or others); separation from home or family; changes to family arrangements.

Technical vocabulary

Well-being	The state of being comfortable, happy and healthy.
Self-esteem	<i>How much you value and feel good about yourself.</i>
grief	<i>A deep sadness caused by the loss of someone or something that is important to you.</i>

Strap line

I am aware of personal, social and health needs whilst understanding how to be a good citizen in modern Britain.

How can I look forward to secondary school?

- **Hopes might include:** making new friends, learning about new subjects, joining different clubs and after school activities, meeting new teachers, going on different school trips, new responsibilities.
- **Challenges might include:** getting lost around the new school building, not being in the same class as best friend/s, more homework, big lunch hall and choosing a meal, don't understand new subjects, wanting to join a club but don't know whom to go with, not knowing the rules and getting detention.
- **To help you feel at ease you could...**
- Talk to your parents; look at new school prospectus; look at the school website; talk to a sibling; visit the school or talk to a friend that goes to that school.



What should I already know?

- Children should know that a healthy balanced lifestyle involves eating nutritious foods, staying physically active, getting enough sleep and taking care of their mental health.
- They should understand the importance of variety in their diet, drinking plenty of water, and limiting sugary snacks.
- Regular exercise, such as playing outside, helps keep their bodies strong and healthy. Developing good habits early on helps them feel better and perform well in school and daily activities.

Healthy balanced diet.

- Energy in food is measured in calories.
- If we consume more calories than our body needs then our bodies store the extra as body fat.
- Unhealthy foods usually contain higher amounts of sugar or less health fat and should be eaten in moderation with a balanced diet.
- Some foods contain hidden sugar such as ketchup, yoghurt and drinks.
- Fruit and vegetables contain a good source of vitamins and minerals.
- Carbohydrates help to give our bodies energy.
- Dairy is a good source of protein to help our body grow and repair.
- Fish, meat, eggs and beans are also protein which help our bodies stay healthy.

Healthier eating choices and influences.

- People make choices over what to eat throughout the day: snack, lunch, breakfast club, in the shop, parties, dinner or going out for food.
- We are influenced by many things on what we eat including from our parents eating habits as we are children.
- TV can have a positive and negative effect on eating habits as it can show more healthy options and environmentally friendly options. It can also show more high calorie foods that look tasty.
- When making food choices you should consider: what is best for your body? Be confident in your choice for the healthier option.

How to prepare a healthy meal.

- Balanced meal of vegetables, fish or alternatives, carbohydrates and some dairy.
- Food should be prepared at home to avoid processed food.
- Food is usually cheaper when prepared at home.

Technical vocabulary

Healthy	Being in good physical and mental condition, free from illness or injury.
Balanced diet	Eating a variety of foods in the right proportions to get the nutrients your body needs to stay healthy and strong.
Vigorous	Strong, healthy, and full of energy; involving physical strength, effort, or energy.

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The importance of regular, physical activity.

Physical activity:

- Improves concentration
 - Makes us feel more confident.
 - Improves our social skills.
 - Sleep better
 - Strengthens our muscles and bones whilst developing coordination.
 - Helps us maintain a healthy weight.
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- Children 5 – 18 should do 1 hour of moderate to vigorous activity every day.
 - Moderate to vigorous activity is when we breath faster and feel warmer.