



MARKEATON PRIMARY
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To all Parents/Carers,

6/10/17

As I have mentioned on quite a few occasions throughout the last 18 months, children's mental health is being discussed more and more up and down the country and there are a lot of positive steps being taken by the Government (and certain members of the Royal Family) to ensure that schools have the correct provision in place and the profile of this important issue remains high. Indeed, any kind of support which can be put in place at an early age can go a long way to giving the children the necessary social and emotional toolkit to develop resilience and overcome certain issues.

At Markeaton we continue to explore different ways we can support the children as the complexities of mental health require us to try new ideas all the time. For example, there is significant evidence linking positive mental health to physical well-being and leading a healthy lifestyle – 'a healthy body leads to a healthy mind'. Now this is probably something you have heard before but this message, which may be embedded for adults, needs to be equally so for children. That is why this year, and beyond, one of our Whole School Targets will be to 'improve the physical and mental well-being of children'. There are lots of different ways we hope to achieve this target but some include:

- All children to have run a marathon by the end of the academic year (don't worry it will be broken down into bitesize pieces – one mile every seven days or 10 laps around the field);
- Forest School sessions for all children;
- Mental Health lessons and support running through the curriculum;
- Assemblies about how to keep a healthy body and mind (including our ongoing work about Growth Mindset).

Another factor which is linked strongly to children's mental health is social media and the impact that can have, especially if children have their own accounts. I certainly won't pretend to know everything there is to know about social media but there are certain things to be aware of and how a few handy hints and tips can really make a difference. One piece of information I do know is that Facebook and Instagram Users have to be at least 13 years old to have a profile. On this note, I have booked an E-Safety expert to come into school and deliver some sessions for the Junior children and any interested Parents/Carers in April. She has already worked in schools in the local area (Lawn Primary and St John Fisher) and she comes very highly recommended. More details to follow.

For further information about what else we do in school linked to children's mental health please visit the school website:

<http://www.markeaton.derby.sch.uk/Pupil-Wellbeing>

I will also be putting another page on the website entitled Useful Websites. Here you will find links relevant to your child's education and anything else that is being talked about in schools, both locally and nationally. And finally, more cars parked on the yellow zig-zag lines: YF65 NNM (Nissan 4x4) and W569 BAW (Silver Ford Focus). **Please do not park here under any circumstances** and thank you to our Parents/Carers for being increasingly vigilant.

Have a good weekend,

Mr I. Johnson