



OUR MENTAL HEALTH & WELLBEING

STRUTHERS PRIMARY PUPIL POLICY

OUR FEELINGS MATTER

What it means: Feelings like happiness, sadness, excitement, and worry are natural, and it's okay to feel all of them. Everyone's feelings are important, and talking about them is a good thing.

Why it's here: We all have feelings, and sometimes they can feel big and hard to handle. This policy helps us know that talking about feelings is safe and welcomed.





IT'S OK TO ASK FOR HELP

TALK ABOUT IT!

What it means: If you feel worried, scared, sad, or confused, asking an adult for help is a good choice. This could be a teacher, a parent, or any adult you trust.

Why it's here: Sometimes feelings can be too big to handle alone. Getting help from someone we trust can make us feel better and show us new ways to handle our feelings.

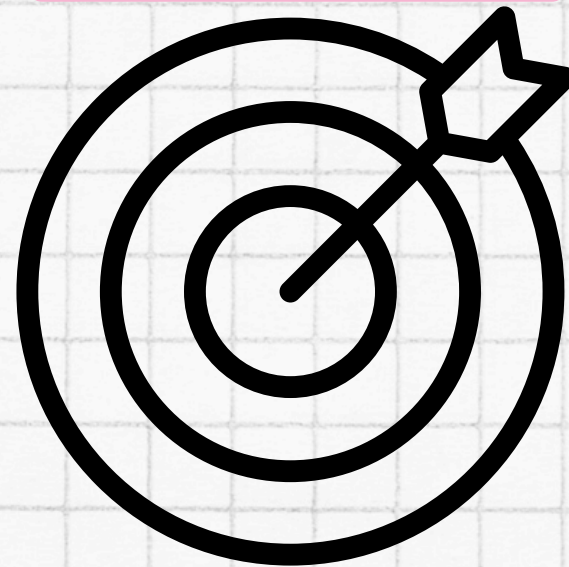
**A Safe Space for
feelings**

**Promote Positivity
& Resilience**

**Involve Families
and friends**

OUR GOALS

**HOW CHILDREN
LEARN BEST**



We promise to listen to children without judgment. Everyone's feelings matter, and it's okay to talk about being sad, angry, or worried.

We'll teach fun and simple ways to manage stress, build confidence, and handle challenges, like deep breathing, creative activities, and problem-solving skills.

Families and friends play a big role in a child's mental health. We'll work together to create a loving, supportive network.

Check-ins - identify
worries early

Talk - to an
ambassador, find
a trusted friend or
adult

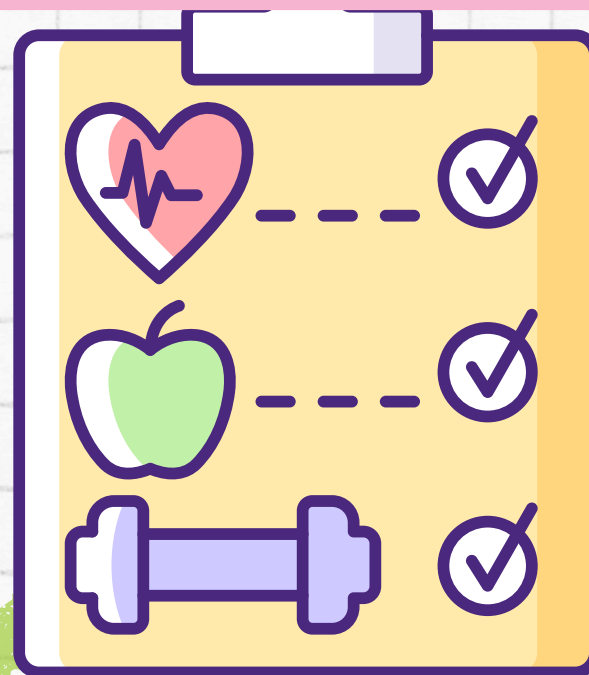
Wellness Activities -
mindful colouring,
listen to music, get
fresh air

HOW WE CAN HELP

Journal your
thoughts & feelings
in a notebook

Look after your
body- get enough
sleep and exercise

WELLBEING TOOLS



Fuel your body
with healthy foods
to give you more
energy.



HOW WILL ADULTS HELP ME?

As adults, it is our responsibility to make sure you are listened to and your feelings are validated.

01.

Suggest activities for you to try and give you some breathing space.

02.

Encourage you to talk to your 'Team' of trusted adults & pupils to share your thoughts & feelings.

03.

Keep up to date with the latest support and resources to use in school.

MY CHEERLEADERS

FEELINGS CAN BE BIG AND WE DON'T
KNOW WHAT TO DO WITH THEM...

As a school we would like you to
think of 3 people. adults and
friends you can have in your
Mental Health Team. These can
be anyone you feel you can talk
to if you're struggling with your
emotions.



MY CHEERLEADERS





WE ARE HERE FOR YOU

Every child deserves to feel safe, happy, and valued. Together, we can make mental health a priority and help children thrive. Let's grow stronger, kinder, and healthier as a community!

💡 Remember: It's okay not to be okay. Asking for help is a superpower!



**YOU ARE
AMAZING!**