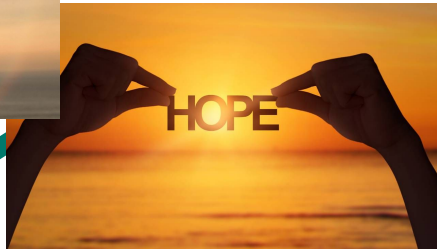
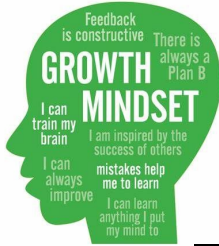


# The School Values are...



**MARNER**  
PRIMARY SCHOOL

# Our School Rules are...





# Our Assembly Charter



We have the **RIGHT** to:

**An education**  
(article 28)

**Speak and be heard**  
(Article 12)

**Relax, play and take part in a wide range of cultural and artistic activities**  
(article 31)

**Meet with other children and to join groups**  
(article 15)

We **RESPECT** these rights by:

Being the **best** that we can be.

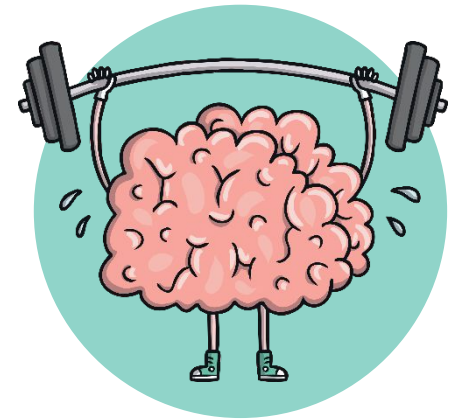
**Actively listening** and respecting each others ideas and views.

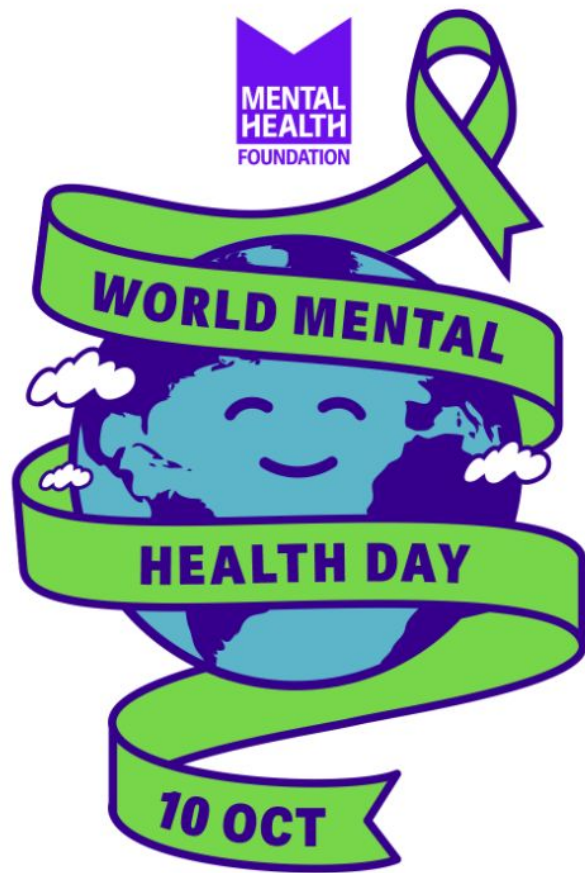
Following **instructions** carefully

Staying **focussed** and **participating**

Working **together** and including everyone.

Everyone has the right to the best possible healthcare including **mental health and wellbeing.**





On Friday it is  
World Mental  
Health Day.



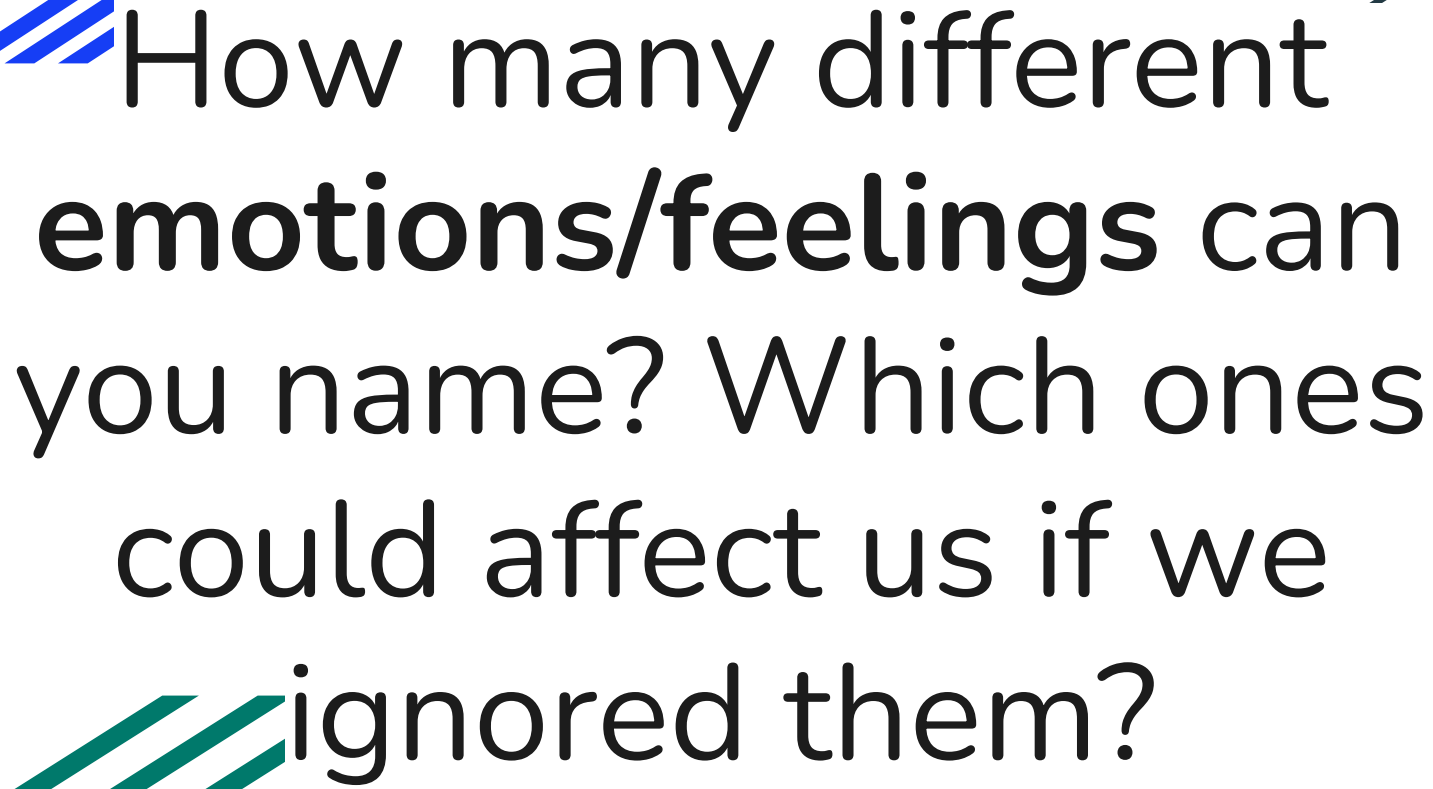
**What is mental  
health?**

Mental health is all about how we are feeling, the thoughts we are having and how this affects the choices we make and how we behave.

It is also how able we are to cope with what is happening in our daily lives.

**Looking after our mental health is just as important as our physical health.**



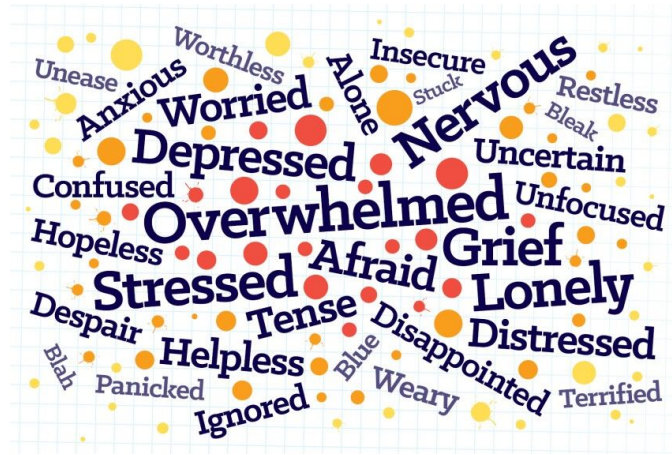


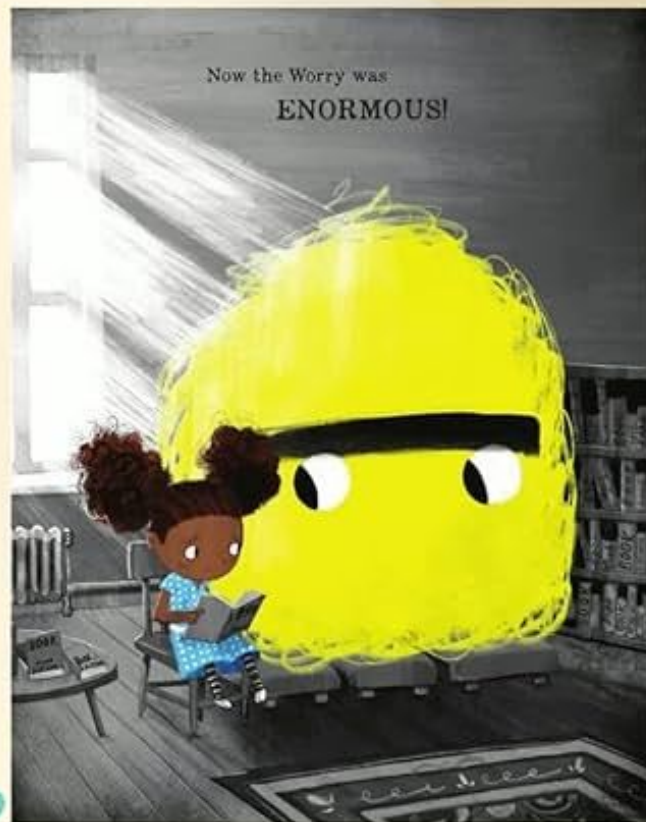
How many different **emotions/feelings** can you name? Which ones could affect us if we ignored them?



We feel lots of different emotions every day- and **that's ok.**

If **uncomfortable feelings** affect our thoughts and behaviour in a way that hurts us or others, it is important **we take action and make choices to feel better, talk to someone we trust and ask for help.**





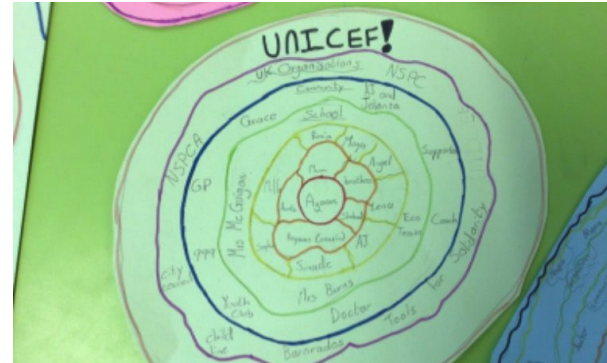
It could barely fit in the kitchen at teatime.



It filled up half of the school bus ...

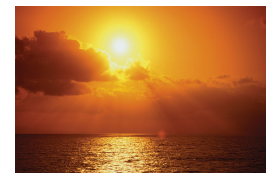
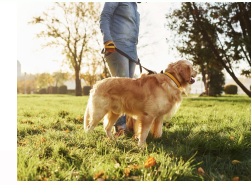
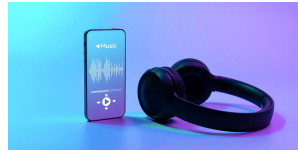


Who are your trusted adults you can talk to at school? At home?





# MY TOOLBOX



24



HEALTH,  
WATER, FOOD,  
ENVIRONMENT

10<sup>th</sup> October is...



newsround

**Top tips** for  
**looking after** your  
*mental health*  
**in school!**

BBC iPlayer



**I deserve to take time  
to look after myself.**



**It's alright to feel  
my emotions.**



**I can learn from  
my mistakes.**



**I am valuable.  
I am enough.**



**I am brave and can  
do difficult things.**



**I can set limits to look  
after my energy.**



**I am allowed to do things  
at my own pace.**



**Progress is better than  
perfection.**

What  
positive  
affirmations  
would you  
say to  
yourself?



She asked the boy what was on his mind  
and, as he told her, the strangest  
thing happened . . .



his Worry began to shrink!

# Remember...



**WE ALL HAVE  
MENTAL HEALTH**



# MENTAL HEALTH



More Water



No Junk



Mental health is important, we should look after our mental health.



and your lungs!



and your brain