Norwood Primary School

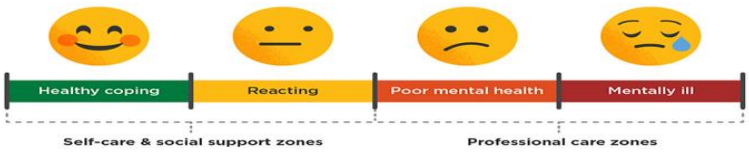
Explore, Inspire, Achieve & Flourish

Keeping Our Children Safe.

Children's Mental Health

What is mental health?
The World Health Organisation defines mental health as a state of wellbeing in which every individual achieves their potential, copes with the normal stresses of life, works productively and fruitfully, and is able to make a contribution to their community. Mental health includes our emotional, psychological and social wellbeing. It affects how we think, feel and act.

Like physical health, mental health is something we all have. It can range across a spectrum from healthy to unwell; it can fluctuate on a daily basis and change over time.



Good mental health helps children:

- learn and explore the world
- feel, express and manage a range of positive and negative emotions
- form and maintain good relationships with others
- cope with, and manage change and uncertainty
- develop and thrive.

Building strong mental health early in life can help children build their self-esteem, learn to focus and engage positively with their education. This, in turn, can lead to improved academic attainment, enhanced future employment opportunities and positive life choices.

Mental health doesn't mean being happy all the time. Neither does it mean avoiding stress altogether. Coping and adjusting to setbacks are critical life skills for children, but it's important that they develop positive, rather than negative, coping skills.

Positive coping skills are ways of thinking, attitudes and behaviours that allow children to deal with stress or adversity and which help them flourish. These positive coping skills form an important part of a child's ability to be resilient in the face of setbacks and challenges. Children who have cultivated robust coping skills can still thrive with support, even when they are mentally unwell.

At Norwood we aim to support all of our children to develop the essential social and emotional skills through ensuring we offer broader opportunities to reinforce skills across the curriculum and through whole-school modelling of these skills. Through our ethos of teaching our children to have a positive Growth mindset rather than a Fixed mindset we can enable children to think they can achieve all they put their mind to through the Power of Yet.