

## Claire Clinton visited Eleanor Palmer school

Monday 13<sup>th</sup> May 2024

### School assembly – whole school

Teacher (Lacey Cousins) started by saying: This week is world mental health day and so asked children what does it mean to be healthy? Lots of children keen to answer – pupils gave a range of answers, e.g. eating and staying fit; getting lots of sleep; drinking water, exercise. Today we are thinking a little bit more about staying healthy on the inside. Mental health is all about how we are feeling – this affects how we behave.

listened to a story and I want you to think about Ruby's mental health – *'Ruby loves to swim and loves to explore far-away places – sometimes she went all the way to the bottom of her garden, until one day she discovered a worry. It wasn't very big, but the worry started to grow each day. It got a little bit bigger and wouldn't leave her alone. It was there all day. No-one could see her worry, so Ruby pretended she couldn't; see it either. She tried to carry on as if everything was normal, but the worry was stopping her from doing what she wanted to do. Ruby begins to talk about her worries to others and it shrinks the worry. Now she knew how to get rid of them – they never hung around for long.'*

Lovely story – pupils are all listening to it well throughout.

Pupils asked to think about what they can do to protect ourselves when we have bad feelings inside. 30 seconds for children to talk with the person next to them. All children very animated and talking purposely.

Teacher talks feedback from pupils. Pupils come up with some really good ideas for how to look after ourselves. Excellent behaviour management throughout the assembly. We can connect with our friends, family and our different people in community we par part of (guides, football team) – we can think of how different people or groups can help us. We can make sure we have really good routines (sleep and food) and we can support people around us to make sure they are supported with these things now.

This year mental health week is focusing on moving – how moving our bodies can help us feel really positive. We might go walking on the heath. We might be moving to music in the playground; playing and being active at playtimes and in PE, year 4 are off to swimming this week; you might play for a sports team or taking part in a club with movement – gymnastics – all this helps us to keep our minds healthy.

I have some questions I want you to think about as we finish our assembly. I would you to think about what can I do to look after my mental health – silence – then how can I show kindness and respect to others around me. Close your eyes for a moment and take think to think about how you are going to do these things. Children – most have heads bowed and eyes shut – there is silence.

When you are ready let's open our eyes and take our ideas out to the day ahead of us.

Children leave in an organised fashion.

The assembly came to an end. Pleasure to be present.