

Mental Health Awareness Week May 2024: Movement



At Slough & Eton we believe that good mental health and strong wellbeing is the basis for a happy and successful life at school and beyond. We know that life is not easy and many people are experiencing challenges. If you have a worry that you want to share in confidence with a School Therapist or a Learning Mentor you can email wellbeing@slougheton.com. If you would rather speak to somebody who does not know you, there are links on the [Wellbeing & Mental Health](#) page of the school website, and there are helpline numbers in your planner.



This year Mental Health Awareness Week focusses on the importance of movement. Being physically active is great for our bodies and our minds. Exercise has been proven to reduce anxiety and depression, and it can help us to prevent physical illnesses. Sadly, people living with mental illness die on average 20 years younger than the general population, often from avoidable physical illness. This group is more likely to develop preventable conditions like diabetes, heart disease, bowel cancer and breast cancer. Research shows that 56% of people found that exercising regularly helped them to alleviate stress and prevent burnout in their lives.

Movement doesn't need to look like going to the gym, running a marathon or taking part in a team sport – and it doesn't need to cost the earth. It can be as simple as stepping off the bus a stop early, taking the stairs rather than the lift, walking to school rather than getting dropped off, or dancing in your kitchen while you help cook dinner.

wellbeing@slougheton.com SLOUGH & ETON WELLBEING

The Slough & Eton Wellbeing Team

We are here to support students with any aspect of mental health or emotional wellbeing. We can provide specialist, bespoke interventions in school, and if necessary we can find you expert help from outside of school.

You can self-refer to wellbeing@slougheton.com. Your email will be treated as confidential and somebody will contact you within 24 hours (term time).

Regarding If you have concerns
The list is not limited to the concerns outlined below
 Anxiety • Stress • Confidence • Exam Stress
 Image Problems • Sleeping Difficulties

We offer the following & **Regarding**
 1:1 Counselling • 1:1 mentoring in Emotional Health
 Small group work in Emotional Health • Coping with Stress

Meet the Team

 Clare Smees Creative Therapist	 Jodi Allen Art Therapist
 Mrs Holland Learning Mentor Mental Health First Aid	 Mrs McCulloch Learning Mentor, Mental Health First Aid

Physical activity for children and young people (5–18 Years)

BUILDS CONFIDENCE & SOCIAL SKILLS	DEVELOPS CO-ORDINATION	IMPROVES CONCENTRATION & LEARNING	STRENGTHENS MUSCLES & BONES	IMPROVES HEALTH & FITNESS	MAINTAINS HEALTHY WEIGHT	IMPROVES SLEEP	MAKES YOU FEEL GOOD
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Be physically active

Spread activity throughout the day

Aim for at least 60 minutes everyday

All activities should make you breathe faster & feel warmer

PLAY	RUN/WALK	BIKE	ACTIVE TRAVEL
SWIM	SKATE	SPORT	PE
SKIP	CLIMB	WORKOUT	DANCE

Include muscle and bone strengthening activities **3 TIMES PER WEEK**

Sit less

LOUNGING

Move more

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive