



Dunipace Primary School Pupil Voice EMOTIONAL HEALTH POLICY

What is mental/emotional health?

Mental/emotional health is when you feel something that affects your well-being. It is when you experience feelings like happy, sad, worried or nervous. Most of the time it can't be seen as it is in your head but sometimes it can be seen on the outside too.

How is our mental health looked after at Dunipace Primary School?

At Dunipace Primary School we prioritise looking after your mental and physical well-being. We give both pupils and adults the space and time to talk about their emotions. Dunipace Primary School has a nurture room that can be used to support pupils who may find it difficult to express or manage their emotions. We celebrate and encourage healthy behaviours through the curriculum and a dedicated 'Health Week'.



Factors that impact your mental/emotional health

Created by P6



Make sure you get enough sleep - ideally 10 hours!

Exercising for at least 1 hour a day can help improve your physical health and help your mental and emotional well-being.

Too much screen time can negatively impact your mental well-being. Try limiting how long you go on for and come off screens 2 hours before bed.

Being stressed or overwhelmed about things at home or relationships in school can cause your mental well-being to decline. Understanding that there is someone you can talk to can help.

Speaking to someone you trust about any of your worries can help you. A worry shared is a worry halved.

Eating healthy foods like fruit and vegetables and drinking plenty of water can positively impact your health and well-being.

Having good friends who you can play, laugh and talk to can help make a positive impact on your emotional well-being.

Starting at a new school or moving house can be scary but trying to have a positive attitude can help and speaking to someone about your worries can help.