



Rationale for Mental Health:
At Springhill, Mental Health is taught according to the national curriculum. Mental health and wellbeing is taught throughout Autumn 1 term in PSHE lessons. The mental health curriculum has been designed to include significant dates (such as World Mental Health Day, Anti-Bullying Week and Mental Health Awareness Week) and planned lessons for revision throughout the year to support the children’s PSHE learning. We take a whole school approach to promoting positive mental health, aiming to help children become more resilient, happy and aid them in independently assessing their own mental health.

We teach it this way because over-learning is essential in committing learning to long term memory and we want to tackle the stigma surrounding mental health by normalising discussing mental wellbeing. At Springhill, we intend to give the children the knowledge and skills to understand that our mental health can change on a daily basis and over time, can be affected by a range of factors. We aim to provide the children with strategies to help them maintain positive mental health and recognise when they may need more support.

It matches the national curriculum by emphasising the importance of daily exercise, good nutrition and sufficient sleep as key factors which can impact our mental wellbeing. We include how to seek help, recognise signals of good and poor mental health and how to discuss our emotions through emotional literacy work.

We go beyond the curriculum here by working closely with our mental health in schools’ team link to ensure we involve teachers, parents and the children in their learning journey to ensure a holistic approach. We incorporate learning about emotional regulation into our daily routines.

LTP	Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	World Mental Health Day: Thursday 10 th October 2024						
Autumn 2	Anti-bullying week: November 11 th -15 th						
Spring 1	Children’s Mental Health Week: 3 rd -9 th February						
Spring 2	Emotional Literacy						
Summer 1	Protective factors and benefits of hobbies and social activities						
Summer 2	Rationing time spent online and on devices due to the impact on mental health.						