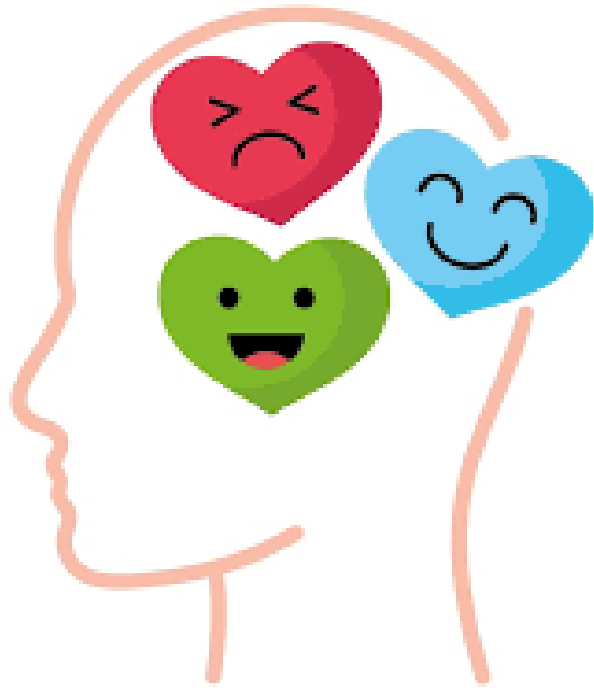




Pupil Mental Health Guide

Made by the School Council



Contents Page



1. Front Cover
2. Contents Page
3. Introduction
4. Headteacher, Deputy
Headteacher, Assistant
Headteacher and EYFS staff
5. KSI Staff
6. Lower KS2 Staff
7. Upper KS2 Staff
8. Admin Team
9. Mini Medics
10. Peer Mentors
11. School Council
12. Zones of Regulation
13. Five Ways to Wellbeing
14. Whole Class Sensory
15. Sensory Room
16. Outdoor Sensory Equipment
17. Self and Co-regulation
Strategies
18. Key Reminders
19. Top Tips
20. How to keep yourself safe

Pupil Mental Health Guide

At Rickleton Primary School wellbeing is extremely important. The school council have worked very hard to create a 'Pupil Mental Health Guide'. This is a special toolkit that gives you some ideas of things you can do in school to ensure you feel happy, calm and ready to learn.



Having a 'good' mental health ensures you are healthy, safe and ready to learn new things. It allows you to feel, express and manage both positive and negative emotions.

There are lots of people in school who can support you with feeling happy and ready to learn. This booklet will show you who you can talk to and ways you can get help.

The school council are very happy to help if you have any questions or concerns.

Who can I talk to at school?

Staff

Headteacher, Deputy Headteacher and Assistant Headteachers



Mrs Price
Headteacher



Mr Baker
Deputy
Headteacher



Mrs O'Connor
Assistant
Headteacher



Mrs Wilson
Assistant
Headteacher

EYFS Staff- Nursery and Reception

		
Miss Ebdon	Mrs Meredith	Miss Forsyth
Nursery Teacher	Berry Teacher	Ruby Teacher

			
Ms Laidler	Mrs Robson	Miss Johnson	Mrs Gregory
Support Staff	Support Staff	Support Staff	Support Staff

Staff

KSI Staff Year 1



Mrs Carter
Coral Class
Teacher



Miss Holland
Amber Class
Teacher



Miss
Quinlivan
Support Staff



Mrs Hallimond
Support Staff

Year 2



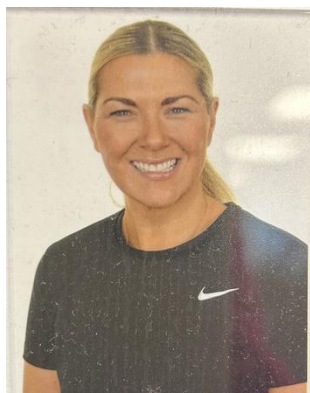
Mrs Holt
Saffron Class
Teacher



Mrs S
O'Connor
Honey Class
Teacher



Mrs K
O'Connor
Honey Class
Teacher



Miss Ramshaw
Support Staff



Mrs Hunter
Support Staff



Mrs Tulip
Support Staff

Staff

KS2 Staff Year 3



Ms Conway
Mint Class
Teacher



Miss Oliver
Emerald Class
Teacher



Mrs Carlson
Support Staff



Miss Smith
Support Staff

Year 4



Mrs Banks
Sapphire Class
Teacher



Mr Booler
Teal Class
Teacher



Miss Young
Support Staff

Staff

KS2
Staff

Year 5



Miss Robson
Lilac Class
Teacher

Mr Woodhead
Indigo Class
Teacher

Mrs Bogan
Support Staff

Mrs Reay
Support Staff

Year 6



Mrs Dhinsa
Magenta Class
Teacher

Mrs Couling
Fuchsia Class
Teacher

Mrs Burn
Support Staff

Staff

Admin Team and Site Manager



Mrs Walker



Mrs Hubbick



Mrs Dietz



Mrs Owen



Mr Melvin

Mini Medics

At Rickleton we have a group of children who have trained to become 'Mental Health Mini Medics'. The Mini Medics have worked hard to understand what mental health is; how it can change throughout the day; what we can do ourselves to improve our mental health; signs when mental health isn't good; and how we could support others. The Mini Medics have created a toolkit, alongside Mrs K O'Connor, for you to use if you need any help.



Our brilliant Mini Medics even won a Young Achievers Award for the Young Mental Health Champion category!



Peer Mentors

We are very lucky to have Peer Mentors in school, who have various roles across school, giving their time to work with others. You can become a Peer Mentor when you are in Year 6 and can help younger children playing on the yard, support reading or even work as a librarian to make sure our library is pleasant and inviting. Our Peer Mentors are always on hand to resolve small problems, be a friendly face if you feel lonely or listen to your concerns. We were delighted in 2022 that our Peer Mentors received a Sunderland Young Achievers award in recognition of their work.



School Council

Our school council plays a vital part in the running of our school. The children meet regularly to discuss issues in school and to make suggestions for further action. The school council members meet with Miss Forsyth to review the things which happen in school and to see what improvements can be made to our school.

School Council Aims

The following aims were discussed and chosen by the school council.

- Give every pupil a voice.
- To help ensure the school is attractive and appealing to the children, staff and visitors.
- To be good role models showing kindness, helpfulness and to show respect to all.
- Respectfully share the views of their class.
- To help the school improve any school issues.
- Make our learning environments the best they can be. Children and adults to be happy, have fun and be safe.
- Contribute to charity and organise whole school events.

If you have any worries or concerns, speak to your class school councillor for support.

School Council 2025-2026



Thea E
Year 1
Coral



Arjan S
Year 1
Amber



Demi K
Year 2
Honey



Aella G
Year 2
Saffron



Elijah S
Year 3
Emerald



Everleigh B
Year 3
Mint



Hugo R
Year 4
Sapphire



Ben G
Year 4
Teal



Georgia P
Year 4
Teal



Teddy H
Year 5
Indigo



Juliet D
Year 5
Lilac



Luke B
Year 6
Magenta



Emily A
Year 6
Fuchsia



Working to serve the children in our class to identify problems and improvements to make school a better place.



Zones of Regulation

At Rickleton we use the 'Zones of Regulation' to discuss our feelings. There is a display in each classroom and some displayed around school. Each coloured zone relates to a feeling and you can use this to tell a grown up how you are feeling. Once you are aware of how you feel, you can then use different calming strategies to make sure you are calm and ready to learn.

BLUE	GREEN	YELLOW	RED
			
How you might feel	How you might feel	How you might feel	How you might feel
Sick Sad Tired Bored Moving slowly	Happy Calm Feeling OK Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of some control	Mad/ Angry Mean Yelling/ Hitting Disgusted Out of Control
What might help you	What might help you	What might help you	What might help you
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	Listen Learn Share your ideas with confidence Show kindness to others Be a good friend Show resilience	Talk to someone Count to 20 Take deep breaths Squeeze a stress ball Draw a picture Take a brain break Carry out a mindful activity	Stop what I am doing Take deep breaths Find and name 5 things (see, hear, touch) Ask for a break Find a safe space Ask for help Make sensible choices

5 Ways to Wellbeing

In school, we use the '5 Ways to Wellbeing' to support our physical and emotional health.

There are 5 simple steps that you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of your life. The 5 Ways to Wellbeing include-

- Connecting with others
- Being physically active
- Learning new skills
- Giving to others
- Being in the present moment.

For more information on the '5 Ways to Wellbeing' speak to one of our Mini Medics.

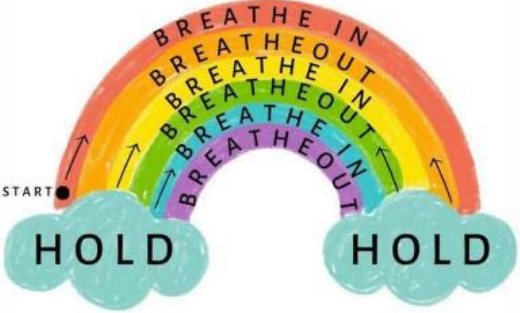


Whole Class Sensory

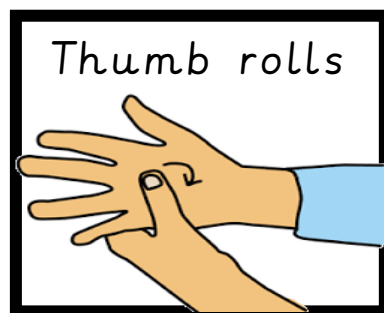
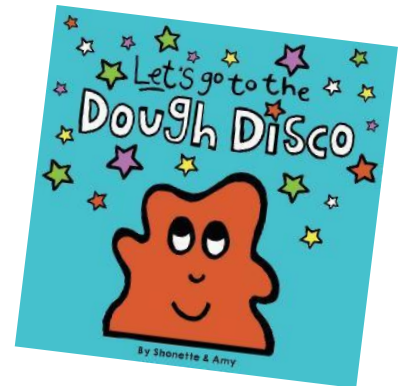
At RPS, we take part in whole class sensory 3 times a day. This will take place first thing on a morning, after lunchtime and before you go home. Each session will have a different focus. Session 1 will focus on big movements, session 2 will focus on calming activities and the last session will focus on fine/gross motor skills. You will enjoy activities and such as dough disco, rainbow breathing and dancing. This will make sure you are ready to learn!

RAINBOW BREATHING

- Breathe in slowly as you trace the red arc of the rainbow
- Hold your breath when you reach the cloud
- Breathe out slowly as you trace the orange arc back to the first cloud
- Hold your breath on the cloud
- Continue the sequence



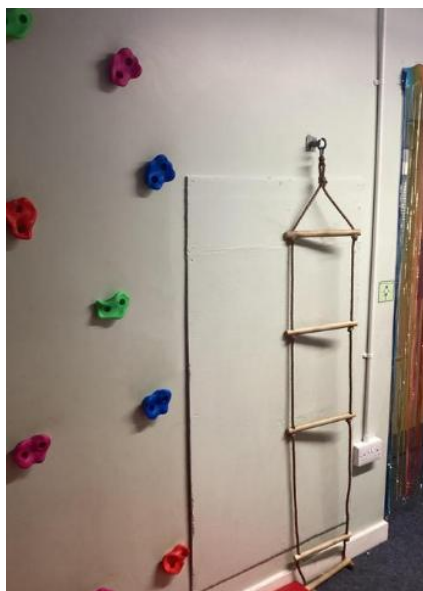
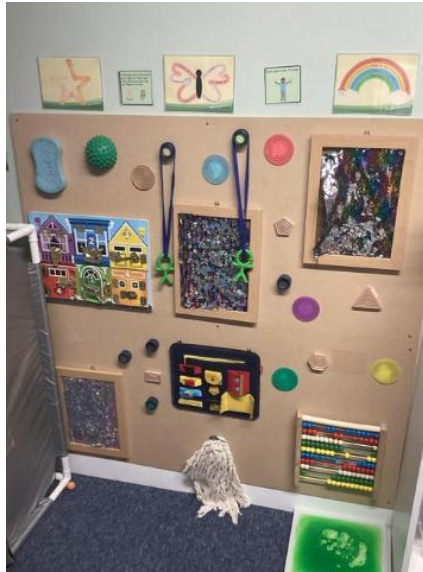
A diagram of a rainbow with two blue clouds at its base. The rainbow is divided into seven colored arcs. The text 'BREATHE IN' is written along the top arc, and 'BREATHE OUT' is written along the bottom arc. Arrows indicate the direction of tracing. Two blue clouds at the base of the rainbow are labeled 'HOLD'. A 'START' dot is on the left cloud. The website 'VERYSPECIALTALES.COM' is at the bottom.



Sensory Room

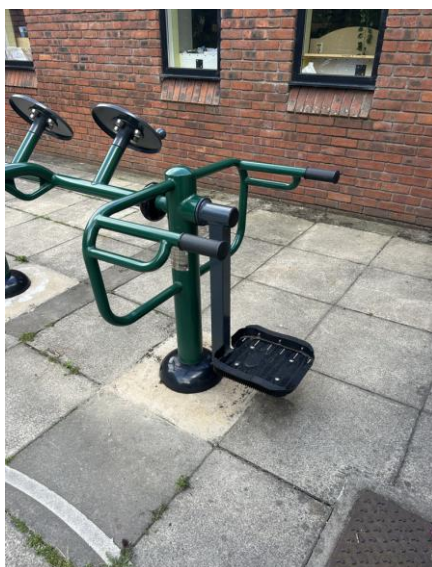
We are very lucky to have a dedicated space in school for a sensory room. You can have sensory time planned into your day if it benefits your ability to regulate and focus, in order to be successful in school.

The photos below show some of the activities and sensory opportunities available in the space.

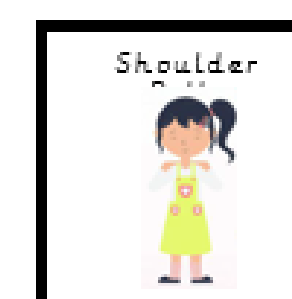
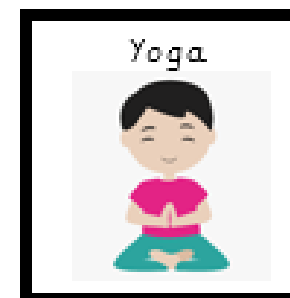
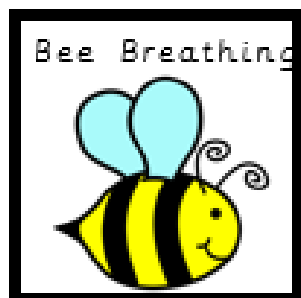
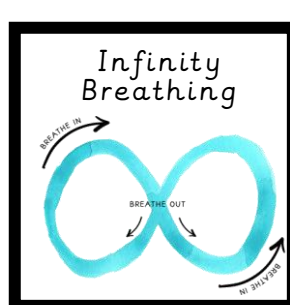
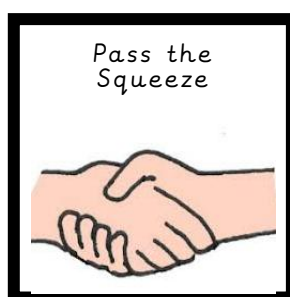
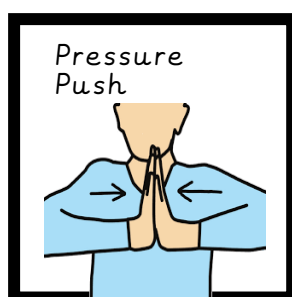
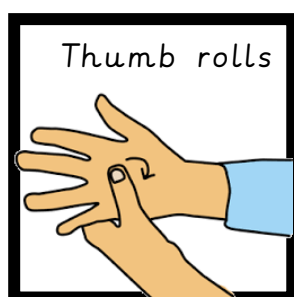
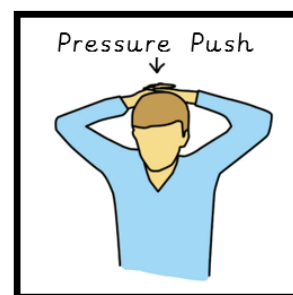
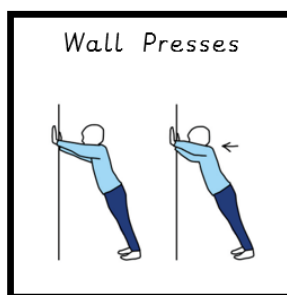
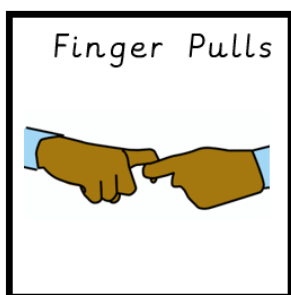


Outdoor Sensory Equipment

We are also very lucky to have some new outdoor sensory equipment. This is excellent if you prefer larger movements to regulate, whilst enjoying the fresh air.



Self and Co-regulation Techniques



Key Reminders

Who can I talk to at school?



Who can I go to for help? Designated Safeguarding Lead:



Mrs Price [HT]



Mr Baker [DHT]



Mrs O'Connor (AHT)



Mrs Wilson (AHT)

BLUE	GREEN	YELLOW	RED
How you might feel	How you might feel	How you might feel	How you might feel
Sick Sad Tired Bored Moving slowly	Happy Calm Feeling OK Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of some control	Mad/ Angry Mean Yelling/ Hitting Disgusted Out of Control
What might help you	What might help you	What might help you	What might help you
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	Listen Learn Share your ideas with confidence Show kindness to others Be a good friend Show resilience	Talk to someone Count to 20 Take deep breaths Squeeze a stress ball Draw a picture Take a brain break Carry out a mindful activity	Stop what I am doing Take deep breaths Find and name 5 things (see, hear, touch) Ask for a break Find a safe space Ask for help Make sensible choices



Top Tips

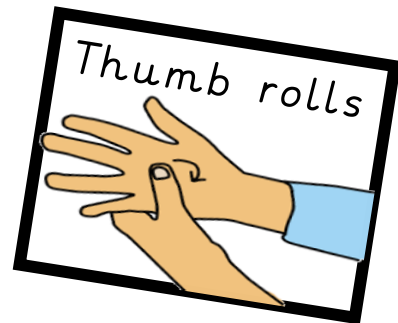
Here are some top tips of things you could do in your classroom to feel happy, regulated and ready to learn ...

In your classroom you will find a worry monster. If you have any worries, give them to the worry monster and he will gobble them up!



If you are feeling stressed or worried, try having a drink of water. This will keep you cool and hydrated.

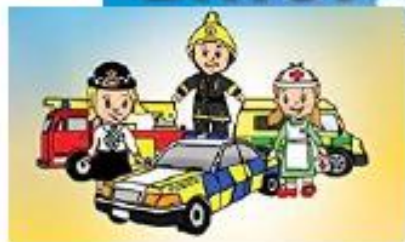
Your teacher will show you some different self-regulation techniques you can use when you feel stressed or worried. Have you tried thumb rolls or rainbow breathing?



At breaktime, you could have a run around, play some games with your friends or use the outdoor play equipment. Your body releases endorphins which make you feel happy and ready to learn.

Speak to your teacher if you have any concerns. All staff wearing a orange lanyard are here to keep you safe.





Keep yourself safe.

Made by the School Council

