



What is mental and emotional health?

Mental Health in childhood means reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.

Young people face many pressures in modern life. Bullying, exam stress, peer pressure, social media burdens and family breakdown are commonplace. As a result, they may secretly struggle emotionally, engaging in unhealthy behaviours as a result.

How we support our students' emotional needs

At Expanse Learning Wigan School we strongly believe that your mental wellbeing is as important as your physical health. Often, young people suffering from mental health issues don't talk about how they are feeling.

Here at Expanse, we give you a voice and a place where you can be heard. We think it is important for every child in our school to have the opportunity to express their feelings. All our staff are here to listen to you and support you with anything you are struggling with.

We **all** have difficult days and it's okay to speak to your parents and any member of the school team.



What factors can protect your mental and emotional health?

- Getting enough sleep
- Having the time and freedom to play indoors and outdoors
- Being proud of who you are, and knowing what you are good at
- Balanced diet and exercise
- Going to a school that looks after the wellbeing of all their students
- Feeling loved, trusted, understood, valued and safe
- Feeling you have some control over your life
- Feeling you belong
- Taking part in outside activities with your friends
- Being hopeful and optimistic
- Be able to learn and succeed
- Having the strength to cope when something is wrong