



Theme:

Collective Worship Task

Having a **healthy mind** is just as important as
a **healthy body**.



Consider

1. Why is mental health important?
2. What do you currently do to protect your own mental health?



FIRST TIME, EVERY TIME

DON'T BE LATE.
DON'T BE LATE, BE IN FOR 8:38

#DON'TBELATEBEHEREFOR8:38

Tuesday, 05 April 2022

What Can Happen to our Mental Health?

Your mental health effects how you think, feel and act.

Some mental health conditions you may have heard of are...

- Anxiety and Panic Attacks
- Depression
- Stress
- Eating problems
- OCD
- Phobias



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Tuesday, 05 April 2022



Theme: Exam Stress

FIRST TIME,
EVERY TIME.

5 ways to protect your mental health

CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Give

Your time,
your words,
your presence

5 WAYS TO WELLBEING
Connect - Give - Take notice - Keep learning - Be active
Mental Health Foundation of New Zealand
www.mentalhealth.org.nz

KEEP LEARNING

EMBRACE NEW EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

TAKE NOTICE

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

BE ACTIVE

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

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Tuesday, 05 April 2022



Theme: Exam Stress

**FIRST TIME,
EVERY TIME.**

Self Care Checklist.....Have you...?

Had
enough
sleep

Eaten
Healthy

Drank
enough
water

Done some
exercise

Taken a
break

Spent time
in nature

Meditated

Connected
with others

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Tuesday, 05 April 2022



Theme: World Mental Health Day 10th October

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EVERY TIME.**



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Tuesday, 05 April 2022



Theme:

**FIRST TIME,
EVERY TIME.**



Pastoral

**Head of
Year**

**Any
member of
Staff**

**Social
Emotional
Mentor**

Counsellor



butterflies
a place to talk



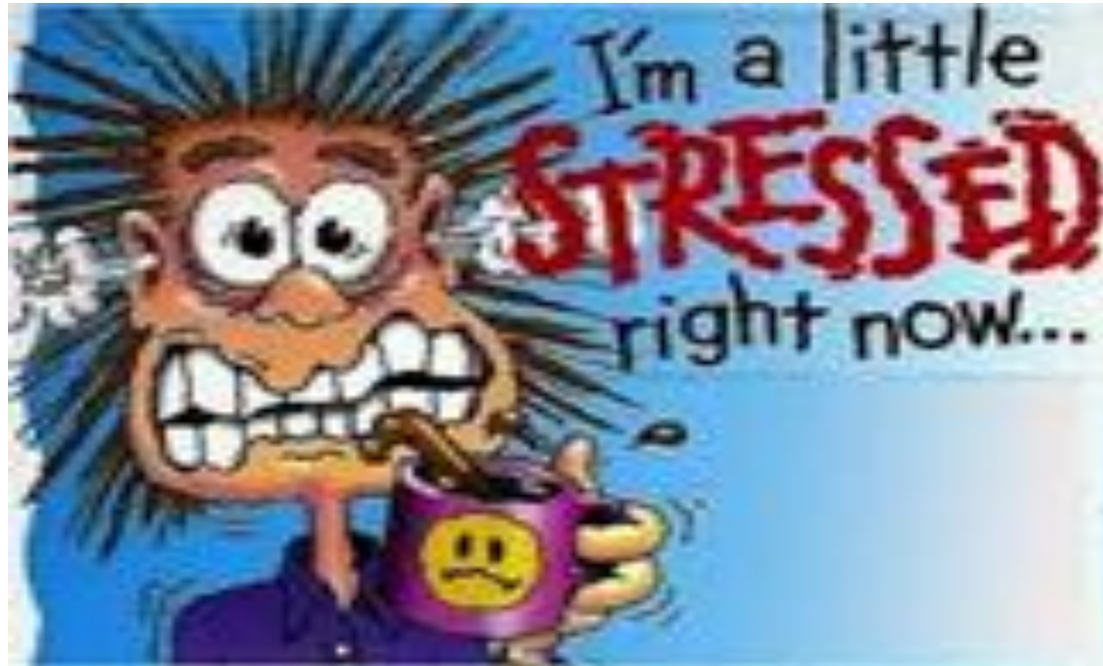
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Theme:

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<https://kirkbyhighschool.net/safeguarding-and-wellbeing/>

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