

Children's Mental Health Week: Know Yourself, Grow Yourself

Last week was Children's Mental Health Week 2025 and the theme this year is *Know Yourself, Grow Yourself*. During last Monday's house assemblies and classroom discussions, pupils were thinking about the different emotions that they may experience during their daily lives. They considered how most of the time their feelings and emotions are quite manageable, but occasionally they can become a little overwhelming.

The children talked about the ways in which "knowing yourself" and recognising normal fluctuations in our emotions can help build resilience. Pupils shared strategies for coping with sadness, including talking to a trusted adult, surrounding themselves with supportive friends, and engaging in physical activity—beneficial for both mental and physical health. In support of the initiative, our Year 8 pupil buddies led engaging sessions with younger students, fostering awareness and support for mental wellbeing.