

# Mental Health and Well being of our children



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# It's Ok to make mistakes, to have Bad days, to be less than perfect, to do what's best for you and to be yourself!

- One day a school teacher wrote on the Interactive whiteboard the following:
- $9 \times 1 = 9$
- $9 \times 2 = 18$
- $9 \times 3 = 27$
- $9 \times 4 = 36$
- $9 \times 5 = 45$
- $9 \times 6 = 54$
- $9 \times 7 = 63$
- $9 \times 8 = 72$
- $9 \times 9 = 81$
- $10 \times 9 = 90$

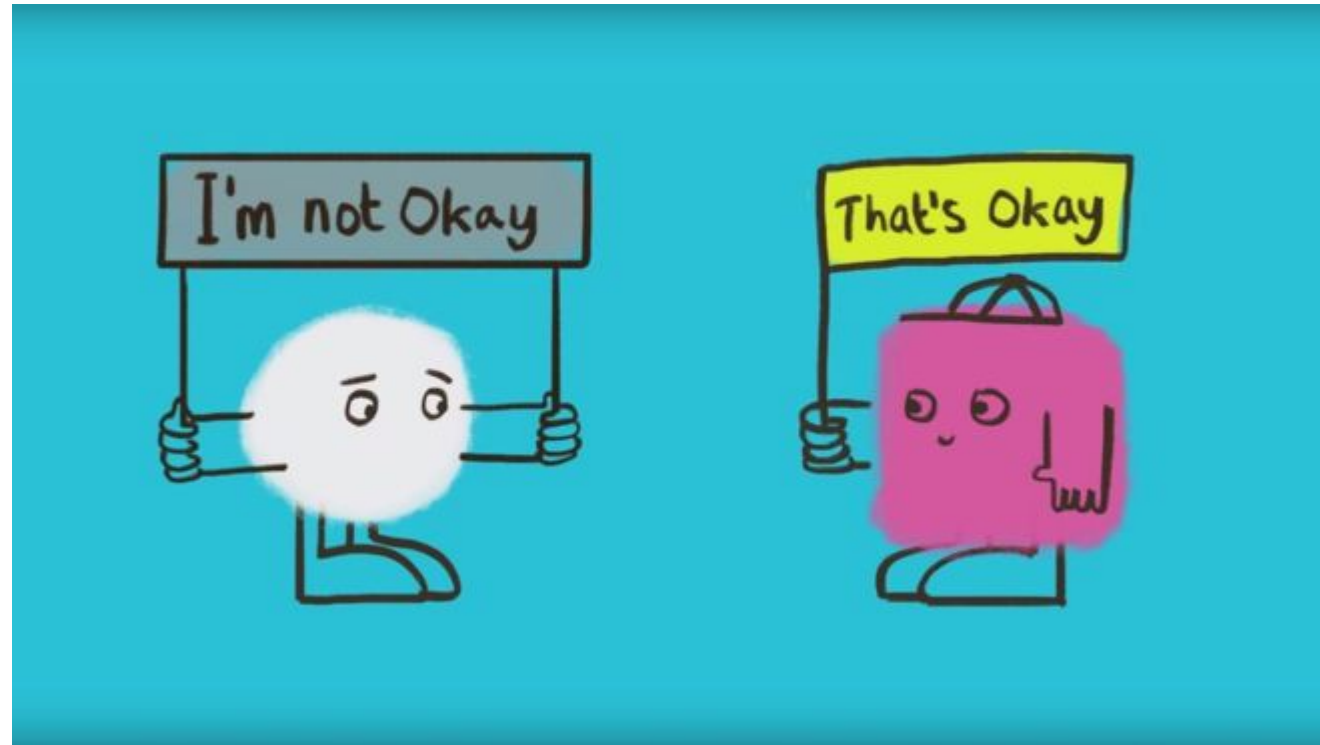


- When she was done she looked at her class and they were all laughing at her because of the first calculation which was wrong and then the teacher said the following:
- I did the calculation wrong on purpose because I wanted you to learn something important. This was for how the world out there will treat you. You can see that I wrote the RIGHT thing 9 times but none of you congratulated me for it. But you all laughed and criticised me because of one wrong thing that I did.

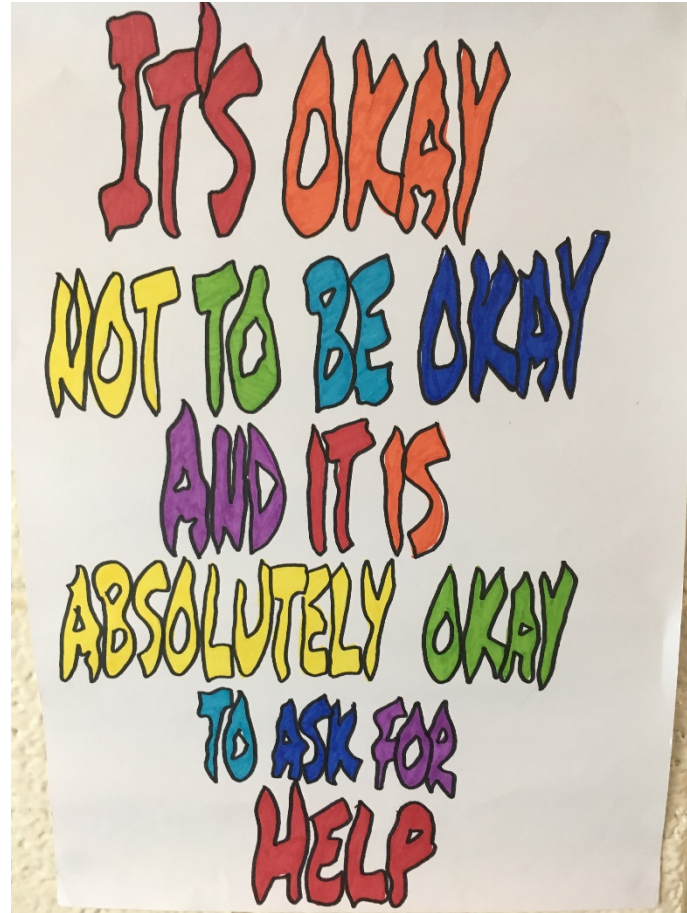
- So this is the lesson:  
The world will never appreciate the good you do a million times but will criticise the one wrong thing you do.....don't get discouraged.

- **ALWAYS RISE ABOVE ALL THE LAUGHTER AND CRITICISM: STAY STRONG**

Reassurance from a friend or someone you know well!



It's ok not be ok and it's absolutely okay to ask for help!!



# Continue to BE ACTIVE coming to school

- National Skipping day this Friday 22<sup>nd</sup> March: Skip to school
- Ben is doing a tally each day to see who travels to school by bike and scooter and parks in our two cycle stores: Please be as active as possible.
- Encourage your parents to PARK AND STRIDE.
- Tell your parents to only park safely and not to park on double yellow lines or double park.
- Remind them about not running the engines whilst waiting in the car.

# REMINDER: COURTESY IS OUR MARCH VALUE

- Respect for each other
- Respect for all adults in school whatever their role
- Be polite and well mannered
- Open the doors for others, show kindness and be positive and friendly to everyone.

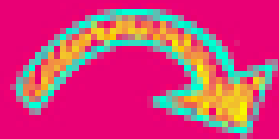




THINK  
POSITIVE



TALK  
POSITIVE



FEEL  
POSITIVE

