

### Mental Health Assemblies

In addition to form time and PSHE sessions on Mental Health, Mental Health are a regular discussion topic for exams. These are delivered by Heads of House and mental health ambassadors rather than external agencies to aid us in removing the stigma of discussing mental health. These are a mixture of highlighting specific Mental Health events as well as offering practical strategies for exams.

Mental Health Awareness week (May)
World Mental Health Day (October)
Stress awareness Day (November)
Exam Stress
Exams-how your brain works
Exam Revision techniques Session 1
Exam Revision Session 2
Careers linked to Mental Health/helping others

### Mental Health in Lessons

All school departments have contributed to an audit to highlight where content can be linked to mental health and this is signposted in lessons where appropriate. Examples of this might include:

Religious Education	Prayer and meditation and how they contribute to good mental health.
PE	Fitness and endorphins to promote happiness. The link between a healthy body and a healthy mind.
Food and Nutrition	Foods that give you energy and improve health. The link between a healthy body and a healthy mind.
Art	Using art as a tool to relax. The benefits of different art mediums of mental health e.g pottery, self expression.
Geography	The link between helping others e.g buying Fairtrade, providing sustainable living in LEDCs and positivity.
Science	Puberty, fertility, drugs and alcohol and the effects these things may have on mental health.