

Theme: Health and Wellbeing.

Pupils were chosen at random and put themselves into small groups to discuss the questions below on the topic of 'Health and 'Wellbeing'.

- What does 'good health' mean to you?
  - Eat a healthy diet and be educated on what foods are good for you and the environment.
  - Being happy, active, social and have a support network.
  - Working out, eating healthy.
  - Good diet, exercise, good sleeping pattern.
  - Keeping fit and healthy.
  - Balanced diet, exercising regularly and hygiene.
  - Exercise and vegetables, balanced diet, hygiene, getting enough sleep.
  - Having a good lifestyle and healthy diet.
  
- What does 'mental health' mean to you?
  - Everyone has their own mental health, some are worse than others.
  - Good mindset, happy, positive outlook.
  - Problems, keeping happy and staying relaxed.
  - Positive attitude, emotion and good mindset.
  - Having friends, being happy, making sure you have someone to speak to.
  - Having something wrong with your brain and trouble learning.
  
- What have you learnt from PSE and other subjects regarding 'health and wellbeing'?
  - We don't learn about how bad meat and dairy is for the environment.
  - Get people to come from childcare so they can talk to us privately, they can help.
  - Stay fit and healthy.
  - DRS and ABC (Heart start, First Aid)
  - Eat your five a day, fruit and veg, don't smoke, encourage more exercise.
  - Healthy food plate.
  - Not taking drugs, smoking or drinking alcohol.

- Who can you speak to regarding any aspect of your health or how can you get help:
  - During term time
    - Guidance.
    - Guidance teacher, any TEACHER, friends.
    - Friends.
    - Guidance and family.
    - Guidance teacher.
    - Guidance teacher and Childline.
    - Guidance and teachers.
  
  - In the school holidays
    - Dad and mum.
    - Family and friends.
    - Parents, guardians, family members and friends.
    - Parents, family, friends.
    - Parents or guardians and friends.
    - Family, friends and Childline.
    - Parents or carers.
  
- What can you do if somebody you knew/know suffered/suffer from a mental health condition? How do you think should react? Please do not name anybody specifically 😊
  - Phone doctor or Google what to do.
  - Be supportive and considerate because you don't know what they're going through.
  - Help them, ask a doctor, be positive.
  - Treat them with respect and normal, don't make them feel different.

- What would you do/say / react if somebody you were with suddenly became very upset over an issue such as exam stress/family row/upset from what has happened during the school day?
  - Be there for them and be a friend.
  - Be there for them.
  - Tell them it'll be OK and not to stress over it.
  - Distract them and cheer them up.
  - Cheer them up and talk about something different.
  - Give them a hug, comfort them, reassure them and make them laugh.
  - Stay calm and don't panic. Take a break and think it through.