



**Are you interested in
being a Healthy Minds
Champion?**





What are they?

What is a Healthy Minds Champion?

Healthy Minds Champions are a group of children who help make positive changes in school to support pupils' mental health and wellbeing. They help promote a whole-school culture of positive mental health and wellbeing.





Why are they important?

- They stand up for positive mental health and well-being in school.
- It is important because we all have mental health and well-being and we all spend a lot of time in school.
- Being a Healthy Minds Champion is a chance to make things better in school.

You'll think about emotional well-being.

- Emotional well being is about how we feel and how we are doing in our lives.
- School is a great place to learn about emotional well-being.



Physical Health & Mental Health.

Looking after our physical and mental health is important. Did you know they influence each other?

Physical Health		Mental Health
 Not drinking enough water in the day	 	 Feeling tired, irritable and grumpy
 Getting a good night's sleep	 	 Feeling alert, good to go and ready to learn
 Having a cold	 	 Feeling slow, tired and unhappy
 Forgetting to eat your snack	 	 Feeling tired, low in energy and unable to concentrate



Who are the Healthy Minds Champions?

- We need one child from Classes 3,5,6,7 & 8.
- Just Year Ones or Year Twos.



When will they do their job as Healthy Mind?



- They will meet with Sally sometimes on Wednesdays to talk about ideas and plan things to do in school.
- Sally will help the Healthy Minds Champions
- The things you do might be small but they will be important



If you would like to be a healthy Minds Champion.....



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- Sally will help the Healthy Minds Champions
- The things you do might be small but they will be important



Healthy Minds Champion Application Form



Name:

Class:

Why would you make a good Healthy Minds Champion?

Signature:



Please hand this in at the
office by 3.00pm on Friday
18th September