

Celebrating Children's Mental Health Week with St Margaret's

On the morning of Monday 5th February, MIV students from St Mary's, the Wellbeing Team, and Year 6 and 6 pupils from St Margaret's celebrated Children's Mental Health Week.

We started the day by meeting in the St Prisca's common room where we discussed our order of events for the morning, and got into our groups of four. We then walked up to St Margaret's for the start of an exciting morning! Each group of MIV's was allocated a group of Year 5s and 6s to help during the activities. The role of the MIVs throughout the morning was to help explain and run the activities, which would help us develop our leadership and team building skills.

Our group's first activity of the morning was the treasure hunt! We guided the St Margaret's children to the first checkpoint, which was the Rachel Tennis Court. We then completed the challenge, which was a Sports warm-up, and read the clue to point us in the right direction for our second checkpoint. This next checkpoint was at the statue of 'Grace' made by Art Scholar, Sophie (UV), to celebrate the 150th Anniversary of St Mary's. The challenge at this checkpoint was to write or draw something that made you feel calm. The St Margaret's children drew some lovely pictures including dogs, the beach, and their beds! The third checkpoint was outside the reception at St Margaret's where the group had to write down a 'mental health intention'. They made some very reflective and thoughtful comments, which was lovely to see. The fourth checkpoint was outside the School Shop, where the group practiced low, long, calm breathing into a bubble wand! The last activity was situated outside the Health Centre, where the students looked around them, and wrote down what things they could see in each colour of the rainbow.

The second section of the morning was split into four exciting activities. During the first activity, our group decorated a photo frame with foam mosaic tiles and gems! We made some amazing creations and everyone enjoyed this activity very much! The other activities were team-building, numeracy challenge, and a yoga taster!

The day was very fun, and encouraged us all to think about our mental health during Children's Mental Health Week.

Jemima, MIV