



Health and Well Being Heroes

Our Health and Well Being Heroes support learners to discuss how to keep and stay healthy. The main aim is to show an understanding of emotional literacy at a whole school level.

Overall we want;

- To promote and run projects which increase children's awareness of mental and emotional health, for example 'Children's Mental Health Week'.
- To allow children the opportunity to participate in activities which support mental health.
- To support children to give examples of how to stay emotionally healthy.