



Sandal Magna Community Academy

Sandal Magna  
Community Academy  
Mental Health Booklet



## Our Guide to Mental Health in School



“The heart & future of the community”

# Sandal Magna Community Academy Mental Health Booklet

What is mental health?	03
Mental health team	04
Talking mental health	05
How am I feeling today?	06
Mental health champions	07
Be your best	07
Your family	09
Mental health policy	11
Ofsted	11
Meet and greet	12
Nurture room	13
Loss and bereavement	14
Self-Harm support	14
Worry and anxiety	15
Low mood and depression	16
Sleep	17
Parent/carer mental health	18



# What is mental health?

**Mental health** is about how we think, feel, and act in our daily lives. It affects how we handle stress, make choices, and build relationships with others. Having good mental health means being able to enjoy life, cope with challenges, and manage feelings like sadness, worry, or anger. Just like our physical health, our mental health can change over time, and everyone can have times when they feel low or stressed. It is important to talk about our feelings and ask for help when we need it.

At our school, we care about the wellbeing of all students and families. If you are worried about your child's or your own mental health, please speak to a teacher, school counsellor, or a member of our wellbeing team. We are here to help and support you.

## Good mental health

Good mental health means feeling well in your mind and being able to cope with everyday life. It is about having a positive sense of wellbeing — feeling calm, confident, and able to manage your emotions, even when things are difficult. When we have good mental health, we can enjoy time with family and friends, learn new things, and recover from challenges. It helps us make good choices, care for ourselves and others, and feel hopeful about the future. Just like keeping our bodies healthy, looking after our mental health is important for everyone. Talking, spending time with people we trust, resting, and doing things we enjoy can all help us stay mentally healthy.

## Challenging mental health

Challenging mental health means when someone is finding it hard to feel well in their mind or to cope with everyday life. A person may feel very sad, worried, angry, or tired for a long time. They might find it difficult to sleep, concentrate, or enjoy things they usually like. Everyone can have difficult days, but if these feelings last or start to affect school, work, or relationships, it may be a sign that extra support is needed. Challenging mental health is common, and it is okay to ask for help. Talking to someone you trust, such as a teacher, school counsellor, or family member, can be the first step to feeling better.

[Back to content page](#)

BE YOUR *Best*

# Our mental health team:



**Mr C Elliott**

Trust Executive

Headteacher, Sandal Magna  
Senior DSL



**Miss K Dwyer**

Year 1 Teacher



**Miss H Brook**

Year 2 Teacher

[Back to content page](#)

**BE YOUR *Best***

# Talking mental health


[https://www.youtube.com/watch?v=2hVAPFyukvY&embeds\\_referring\\_uri=https%3A%2F%2Fwww.southparade.wakefield.sch.uk%2F](https://www.youtube.com/watch?v=2hVAPFyukvY&embeds_referring_uri=https%3A%2F%2Fwww.southparade.wakefield.sch.uk%2F)

[Back to content page](#)



# How am I feeling today?

## How am I doing today?

Stage	What is happening to my body?	How do you feel?	What can I do to help me?
 4.			I need to move into a safe space or hid. Dim the lights, reduce noise around me. Give me space and time
 3.	My body is tense, I might go red in the face and breathe faster. I am finding it difficult to listen. My voice is getting louder.	I feel a little out of control or excited. I want to run away as fast as I can! I need to do something calmer.	Take 10 deep breaths. Help me focus on my breathing. I need to walk away and have a break.
 2.	My breathing gets shallow and my heart starts pumping faster.	I feel a little worried or frustrated. I will try to get through this! I need to be careful I do not get overwhelmed.	I need to take a small break. Have a drink or full fill my missing need.
 1.	I am relaxed and my body is calm. My brain is in control. My breathing and heart beat are steady.	I feel good. Completely in control. I'm happy.	I can have fun, smile and enjoy learning and playing.

[Back to content page](#)

BE YOUR *Best*

# Mental health champions

We're excited to introduce our newly elected Mental Health Champions, chosen by their peers to help promote wellbeing across our school!

**Year 6:** Eshaal and Arman

**Year 5:** Kariel and Zakia

**Year 4:** Rachel and Omar

**Year 3:** Zainab and Muhammad Bibi

**Year 2:** Sirine and Milosz

**Year 1:** Rahil and Fatima



These thoughtful and caring pupils will be leading lessons in their classes, sharing ideas and strategies on how we can all support our mental health and look after our wellbeing.

## Be your best:

### Supporting Mental Health at Sandal Magna Community Academy

At Sandal Magna Community Academy, we believe that good behaviour and mental health are closely linked. When children feel safe, understood, and supported, they are better able to learn and be their best. This document explains how our school helps children to manage their feelings, make good choices, and build positive relationships. Systems like Good to be Green and the Reflection Room help children to think about their emotions and behaviour in a calm and supportive way.

Our Mental Health Team and parent support sessions are also available to help families and children when they need extra care. By working together with families, we aim to create a happy, respectful environment where every child can grow in confidence and wellbeing.

[Back to content page](#)

BE YOUR *Best*

# Be your best:

## Classroom Behaviour Expectations

Sandal Magna Community Academy

# Yellow and Red Card System

1. Non-verbal warning - using a look
2. Verbal warning - Reminder to be your best.



Remember to:

**BE YOUR *Best***



Yellow card

All after warnings

- Out of seat in the classroom
- Disruptive silly behaviour (Shouting out, name calling, ignoring and not following instructions.
- Answering back
- Being unkind to others
- Distracting others from learning
- Not completing work due to poor choices or the quality you expect from them
- Touching without permission



Done at break time at the wall

Red Card

- If the behaviour continues from a yellow
- Physical (Hitting, slapping, fighting, kicking)
- Swearing (In any language)
- Racist comments
- Unsafe behaviour (Throwing things)
- Potentially further sanctions (e.g. suspension) after review with SLT



Done at lunchtime in the reflection room - completing a restorative form.

[Back to content page](#)

**BE YOUR *Best***

# Your family

## Family points:

At Sandal Magna Community Academy, we value good behaviour and teamwork among our students. To encourage positive actions, we have a Family Points Reward System! Each week, students will have the opportunity to earn points for their group, which will consist of families assigned at the beginning of the year. This initiative is designed to foster a sense of belonging, cooperation, and good manners.

Every time you make a positive choice, whether it's being kind to a classmate, completing your homework on time, or assisting a teacher, your family earns points. Teachers will keep track of these points every week, and in our assembly on Friday, we will reveal the family with the highest score. The winning group will be rewarded with an extra playtime during Friday afternoon, allowing you to enjoy those sunny moments together while having fun!

Furthermore, we will highlight individual contributions during our assemblies, ensuring everyone is recognised for their efforts. Remember, even small acts of kindness can earn points, so think about how you can contribute to your family and school community. We want everyone to feel appreciated and motivated, so let's make the most of this system!

By working together and supporting one another, we can create a positive environment in our classroom where everyone feels valued. So, let's show each other our best behaviours and compete for those family points! Who will lead the way to victory this week?

## Family point groups

Moore

Cook

Brownlee

Stevenson

Bronte

Adams

[Back to content page](#)

BE YOUR *Best*

# Your family

## Support for parents:

Here is some useful links to help support behaviour at home.

NHS: [Dealing with child behaviour problems - NHS](#)

Young minds: [Challenging Behaviour | Parents' Guide To Support | YoungMinds](#)

The Challenging Behaviour Foundation: [Getting behaviour support - Challenging Behaviour Foundation](#)

NSPCC: [Positive parenting | NSPCC Learning](#)

Parent talk: [Challenging child behaviour, understand and manage behaviour](#)

## Coffee morning dates:

13th November 2025

11th December 2025

15th January 2026

12th February 2026

12th March 2026

23rd April 2026

21st May 2026

18th June 2026

9th July 2026

Please reach out if you need support

Under  
25s



**childline**  
ONLINE, ON THE PHONE, ANYTIME

**Call 0800 1111**  
Open 24/7, under 19s  
[www.childline.org.uk](http://www.childline.org.uk)

Other  
ages



**mind**  
for better mental health

**Call 0300 123 3393**  
9am - 6pm, Mon - Fri  
helpline 18+ only  
(Closed 25 & 26 & Jan 1)

**SAMARITANS**

**Call 116 123**  
Open 24/7 | all ages

**shout** Text  
**85258** SHOUT  
to  
**85258**  
here for you 24/7  
Open 24/7 | all ages

For more advice and information visit:  
[youngminds.org.uk/urgent-help](http://youngminds.org.uk/urgent-help)

## Mental health policy:

<https://www.sandalmagna.co.uk/uploads/Vacancies/mental%20health%20policy%20dec%202020.pdf>

[Back to content page](#)

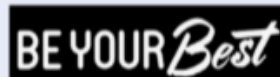
**BE YOUR Best**

# OFSTED report

To view our latest OFSTED Report please click the link below

[Our Performance and Ofsted | Sandal Magna Community Academy](#)





[Back to content page](#)



# Meet and greet

At Sandal Magna Community Academy, we start the day with a friendly Meet and Greet. This helps everyone feel happy, safe, and ready to learn. Children can choose how they want to say hello – with a **hug, high five, fist pump, or handshake**. These small moments help build positive relationships between staff and children, support good mental health, and create a caring school community where everyone feels welcome and valued.

## Meet & Greet

	
<u>Hug</u>	<u>High five</u>
	
<u>Fist pump</u>	<u>Handshake</u>

# Nurture room:

At Sandal Magna Community Academy, we have special Nurture Rooms where children can go to feel calm, safe, and supported. These rooms have soft bean bags, a cosy tepee tent, and gentle, low lighting to help children relax. There are also feelings baskets to help them talk about their emotions and learn how to manage them. The Nurture Room is a quiet space where children can take time to calm down, share their feelings, and get ready to return to learning. It helps to support their mental health and emotional wellbeing in a warm and caring way.



[Back to content page](#)



# Loss and bereavement

If you are going through this sad and difficult time, please talk to us in school as we are here to support you and your family. In the meantime, you may find some of these services helpful:

[Child Bereavement UK](#)

[Supporting a bereaved child with autism](#)

[Dealing with bereavement for pupils with SEND](#)

[Grief encounter](#)

## Self-Harm support

At Sandal Magna Community Academy, we care deeply about every child's safety and wellbeing. Sometimes, young people may feel very sad, worried, or upset and might hurt themselves as a way to cope. Our staff are trained to listen and support children who may be feeling this way. We work with families and professionals to make sure each child gets the right help. If a child is struggling, we encourage them to talk to a trusted adult at school, such as a teacher or a member of the Mental Health Team. We also help parents find support and advice. Together, we can help children feel safe, valued, and cared for.

### Spot the signs



Punching, scratching, or pinching



Kicking or punching walls



Pulling out hair



Burning themselves

[Back to content page](#)

BE YOUR *Best*

# Worry and anxiety

Sometimes children feel worry and anxiety too. They might worry about school, friends, or changes at home. Anxiety can make children feel scared, nervous, or shy.

They might have stomach aches, trouble sleeping, or not want to go to school. These feelings are normal, and many children experience them as they grow. Parents can help by listening, staying calm, and giving comfort. Try to talk gently with your child about what is bothering them. Small things, like keeping a routine, playing together, or spending quiet time, can help children feel safe. If the worry does not go away, you can ask a teacher or doctor for advice and support.

**Useful links to help support:**

[all-about-worry.pptx](#)

[How do I feel?](#)

[The emotion thermometer](#)

[The stress bucket](#)

[Cognitive Picture therapy](#)

**Useful contacts:**

[Anxiety parent/carer booklet](#)

[Back to content page](#)



# Low mood and depression

Sometimes children can have a low mood or feel very sad for a long time. They might seem tired, quiet, or lose interest in things they used to enjoy. Some children may get angry easily or want to be alone. This can happen because of stress, problems at school, or changes in their life. Feeling sad sometimes is normal, but if it lasts for many weeks, it could be a sign of depression. Parents can help by spending time with their child, listening carefully, and showing love and patience. Encourage your child to talk about their feelings and remind them that it's okay to ask for help. If your child's mood does not get better, it is important to speak with a teacher, doctor, or school counsellor for support.

Please click on the links to see what you can do and where you can find support. Please don't hesitate to contact us at school so that we can talk about how we can support too.

**Useful links to help support:**

[Depression & Low Mood | Signs, Symptoms & Treatment | YoungMinds](#)

[Low mood or depression : Mentally Healthy Schools](#)

[Get Urgent Help | Support If You're Struggling | YoungMinds](#)

[Low mood self-help guide](#)

[Self-help care plan](#)

[Back to content page](#)



# Sleep

At Sandal Magna Community Academy, we know how important a good night's sleep is for every child. When children get enough sleep, they are happier, more focused, and ready to learn each day. Sleep helps them concentrate in class, remember what they have learned, and play safely with their friends. When children do not get enough sleep, they can feel tired, upset, or find it harder to listen and join in with lessons. We encourage all families to help their children have a calm bedtime routine and get plenty of rest so they can come to school ready to do their best.

## 10 tips for better sleep

- Keep regular hours**
- Keep the bedroom quiet and dark**
- Make sure your bedroom isn't too hot or too cold**
- Take more exercise**
- Reduce caffeine intake**
- Write down worries on your to-do list**
- Don't over-indulge on food and alcohol**
- Turn off gadgets**
- Relax properly before going to bed**
- Invest in a comfortable, supportive bed**

**SLEEP GOOD. FEEL GOOD.**  
The Sleep Council  
Helping you get a better night's sleep  
www.sleepcouncil.org.uk

## 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organization study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- MINDFUL TECH USE**  
Encourage a balanced approach to screen time. While phones, tablets and e-readers can be a helpful means of stress relief, it's advisable to restrict their use right before bed. These devices can keep the mind-juggling long after they're switched off, impacting how easily and how well a person can sleep.
- EFFECTIVE SLEEP PRACTICES**  
Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.
- HYDRATION HABITS**  
Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for one toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to settle down naturally, without any chemicals being thrown back up.
- CONSISTENT BEDTIME SCHEDULE**  
Assist children in developing consistent bedtime routines that tell the body it's time to wind down, preventing a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.
- OPTIMAL SLEEP ENVIRONMENT**  
Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – which means it should be kept as tidy and free of clutter as possible.
- RELAXING EVENING ACTIVITIES**  
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for peaceful night's sleep. Doing something like this can help to reduce sensory input to the brain that it's time to rest and increase feelings of sleepy muscle tension.
- PRIORITISING ADEQUATE SLEEP**  
Emphasise the crucial role of sleep in enhancing physical and emotional wellbeing. It's especially important to boost a healthy sleep pattern during challenging and stressful periods in our lives, being the worst season for children and young people, for instance.
- NUTRITIONAL BALANCE**  
Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to focus towards preparing meals with plenty of fruit and vegetables, or use low-calorie portion sizes not only to stay fit and healthy, but it also reduces the chance of feeling too full to be comfortable in bed.
- PARENTAL SUPPORT**  
Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (over-seeing anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.
- MILITARY SLEEP METHOD**  
Look up the military sleep method: it's a technique for falling asleep quickly, which has proven itself to be effective. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive.

Meet Our Expert  
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise 2016. One to Watch award, the charity provides training and support to education organisations and local authorities. The guide has been written by Adam Elliot, an learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

**#WakeUpWednesday**  
The National College

[The good-night sleep guide for children](#)

[The average sleep needs for a child](#)

[The Sleep Charity](#)

[Back to content page](#)



# Parent/carer mental health

Please see the following link for support with parental/carer mental health at this challenging time – the MIND website has lots of helpful advice and resources.

[Parenting and mental health | Mind, the mental health charity – help for mental health problems](#)

Also in our local area we have support for adult mental health:

## **The Well Women Centre**

The Well Women Centre offer lots of different support to women aged 16 years plus to help them with their health and wellbeing. You can also ring them for support and advice on 01924 211 114.

<http://www.wellwomenwakefield.org.uk>

## **Turning Point Talking therapies**

Turning point offer direct mental health support to people 16+years.

<http://wakefield.talking@turning-point.co.uk>

Tel: 01924 234860

## **Andy's man club – support for men for their emotional well being**

<http://www.andysmanclub.co.uk>

<https://www.facebook.com/andysmanclub>.

[Support for Parent and Carer Mental Health](#)

[Back to content page](#)

BE YOUR *Best*