

Rosehill School – Curriculum Project

Mental Health Day



Subject Lead: Emma White
Project Dates: 17/11/2022

Key Learning Objectives

At the end of the Project pupil will:

- Experience activities that have a positive impact on their mental & physical wellbeing.
- Interact/ communicate with pupils from different classes regarding mental health and wellbeing
- Have lots of fun and experience new activities (i.e., disco dome, ball throw).



Project Content

Mental health day has provided pupils with the opportunity to access fun and exciting activities raising the awareness and importance of being kind to your mind and taking care of your own wellbeing.

The pupils explored yoga, disco dome, bouncy castles and a ball throwing game. They developed their communication skills, through the various social communication activities, such as ordering a milkshake of their choice from the school café, and listening to their friends. Pupils from class 13 worked in the café which enabled them to develop their work related learning skills.



'Be active, be healthy, be happy'

Impact on Children and Young People

Engagement- All pupils in the school engaged in activities that had a positive impact on their mental health and wellbeing

56 pupils engaged in yoga sessions with dance equation, where they learn how to self regulate

14 classes accessed the disco dome & had milkshakes in the school café, which developed their social communication skills

The pupils had lots of fun and had a positive impact on their wellbeing



Impact on Staff/the School Community

This event raised awareness about the importance of mental health and wellbeing

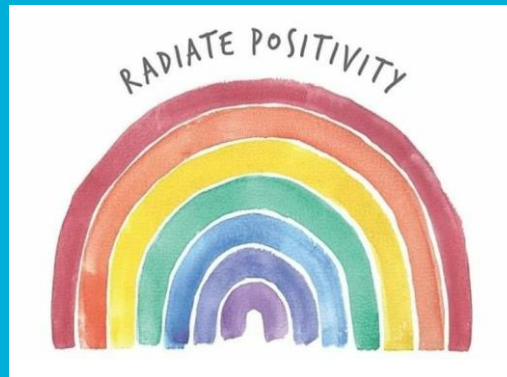
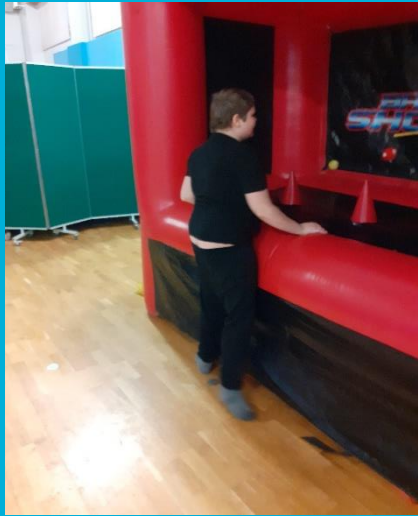
Staff really enjoyed giving the pupils different opportunities

Staff were able to build positive relationships with the pupils

Staff were able to support pupils serving in the café to develop their work experience skills



Mental Health Day Photographs



'Healthy Body, Healthy mind= Happy life'

Feedback

“I had so much fun on the dome disco bouncy castle I really enjoyed the music and the lights’.

Rosehill Pupil

‘The pupils had so much fun, it was so nice to see them engaging in new activities’.

Rosehill Staff

‘It was really enjoyable to teach the pupils yoga today they all tried so hard’

Dance Equation

MENTAL
HEALTH 
MATTERS



Next Steps

1

To give the pupils the opportunity to take part in more activities to have a positive impact on their mental wellbeing

2

To arrange mental health week during the year

3

To use pupil voice surveys to further develop personal development opportunities

