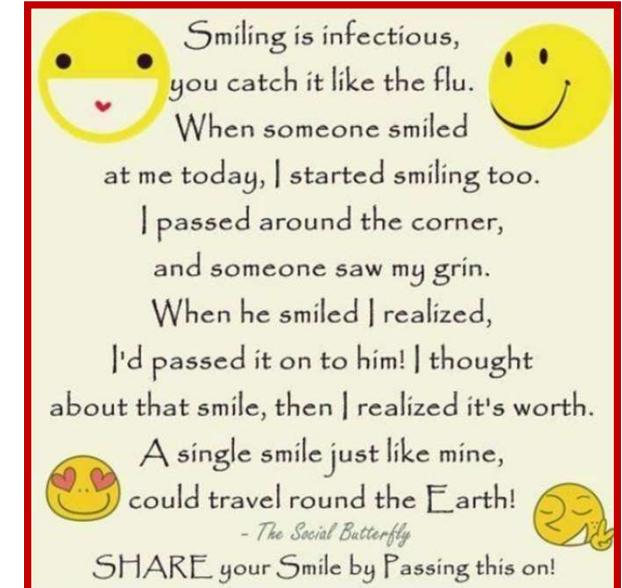


Emotional health and mental wellbeing affect all aspects of our lives and health choices. Mental wellbeing is about feeling good and functioning well, as individuals and as communities. It is also about our ability to cope with life's challenges and making the most of life's opportunities.



As a school we are following Derbyshire county Council's SMILERS Campaign. Smilers is an acronym to help us remember the things we can do to improve our own mental health.



SHARE your Smile by Passing this on!