



Events this week....

Monday 7 February, "Food & Mood" presentation by Wirral Mental Health in Schools' Team (Sports Hall), 8.45am - 9.15am (years 7 & 8), 9.15am - 9.45am (years 10 & 11)

Monday 7 February, "Mental Health VR Demonstration" (Sixth Form Centre), 1pm - 1.30pm (years 12 & 13)

Tuesday 8 February - UK Safer Internet Day!

Tuesday 8 February, "JustBe Puzzles" (Assembly Hall), 1pm - 1.30pm (whole school)

Wednesday 9 February, "Mental Health VR Demonstration" (Assembly Hall), 1pm - 1.30pm (years 7- 11)

Wednesday 9 February, "Food & Mood" presentation by Wirral Mental Health in Schools' Team (Assembly Hall), 2.00pm - 2.30pm (year 13)

Thursday 10 February, "Staff Bake Off" (Assembly Hall), 1.00pm - 1.45pm (whole school)

Friday 11 February, "Happy Hair Down Day", pay £1 to your form tutor to wear your hair down for the day. All monies raised will go back into mental health services at Upton Hall

Friday 11 February, "Seed Planting - Growing Together" (Solar Dome), 1.00pm - 1.45pm

And many more activities during lessons!!!



Young People's Mental Health Week @ Upton Hall School FCJ
7-11 February 2022



Useful resources (click on the links below)...

- JustBe @ Upton Hall School
- Happy Space Book (given to you in PSHE)
- Anna Freud - Young People
- MyMind Website (Wirral CAMHS)
- Every Mind Matters (NHS)
- Looking After Yourself at University (Young Minds)
- Teen Sleep Hub
- Growth Stories (Place2Be)

