

October 7th, 2019

I am the Minister of Health and Well-being within Netherthong School.

I am here to help any pupils who might need advice on either their physical or mental health, so that is how they might feel inside or outside.

We have lots of clubs running within our school, which you might find interesting and also relaxing.

Yoga Club is one of these, it is a lunch time club. Yoga is a none-competitive activity so nobody needs to feel stressed about winning or being the best. Everybody is good at something in yoga and it is calming for the body and for the mind. Everyone is made to feel welcome and we ensure that all pupils know everyone's name within the group. It is a chance for relaxation. We squeeze away tensions from the morning and then do postures and movement, such as the dog-stretch, the cat, the cobra plus the elephant breath. The names of postures make us use our imagination to engage in the activity.

We also do balancing and visualization which is very relaxing, when we use our focus. Sometimes we include peer massage to relax at the end of the session, or we do deeper relaxation, the children love these to finish the session.

Another possibility is to be invited to join a Nurture Group, these usually take place in the Nurture room. I am part of one of these groups. If you are worried about anything, being part of one of these groups can help a lot as you are able to share your feelings within your group who treat what you say as confidential, this means that it is not discussed with anyone else and we treat each other with respect. The other kids try to help you and come up with ideas. We do different activities such as art and mindfulness or making things, and there are lots of nice to feel or play with. We also make friends with children from other year groups which makes us feel happy and comfortable. We aim to solve problems and find solutions for each other.

Eavan Robertson.

Minister of Health and Well-being.