



Leigh Church of England Academy

Aim ever higher



Children's Mental Health Week 2024

Just before half term, Leigh took part in a range of activities as part of Children's Mental Health Week.



At Leigh...

Little Meerkat's Big Panic - All children were taught about the story of Little Meerkat and his friends who each represent an area of the brain responsible for our thoughts, feelings and behaviours. Our children got their first introduction to neuroscience!

Meerkat - Represents the reptilian brain. It flicks us into fight, flight and freeze response to prepare or body for action from a perceived danger or threat.

Elephant - Represents the limbic system where we store and retrieve feelings attached to memories. It help us to remember how people and experiences make us feel.

Monkey - Represents the cortex which is the thinking, reasoning and planning part of the brain that helps us to make decisions. We aim to use this part of the brain most of the time.

Activities at home

Take a look at these videos that talk about the brain

[The Hand Model of the Brain \(youtube.com\)](#)

[The Triune Brain \(youtube.com\)](#)

Read the story and talk about the characters like Nursery did! Click [here](#)



[Academy Website](#)

Please take a look at our wellbeing page on the Academy website. This is to support the mental health and wellbeing of the whole Leigh family - pupils, parents and staff.

[Mental Health and Wellbeing Policy](#)

This has been shared on our academy website. Please take a look.



[Leigh Offer - SEMH provision](#)

This document shares with you what support we offer our pupils at Leigh for their social, emotional, mental health and wellbeing.

At Leigh this week...



Year 6 wrote their own stories and shared them with Nursery and Reception.

Years 3, 4 and 5 made posters to explain the different parts of the brain.

