

# Minister to visit Edinburgh school during Children's Mental Health Week

The Scottish Minister for Mental Health, Clare Haughey will visit St John Vianney Primary School in Edinburgh today with charity Place2Be. During the visit she will find out more about Children's Mental Health Week. The week's theme is Healthy : Inside and Out.



Clare Haughey PHOTO| Andrew Cowan/Scottish Parliament

Ms Haughey will be joined by Stuart Muir who is executive chef at Dine. He will teach the young people how to make fruit smoothies as part of activities to look after their physical and mental health.

**Headteacher of St John Vianney Primary School, Christopher Kelly, said:** "Positive mental health is one of the most important determinants of a child achieving their potential. Place2Be has been an amazing partner for the whole of the school community, having a positive, direct impact upon pupils' (and their families) well-being. Children's Mental Health Week, occupies a significant place in our school calendar, being re-visited a number of times across the academic year."

**Jonathan Wood, National Manager for charity Place2Be in**

**Scotland, said:** “At least three children in every class have a diagnosable mental health issue, and more worry about everyday things such as school work, family life and friendships. Place2Be is supporting teachers and parents with advice on how sensible sleep habits, eating well and exercise help children and teenagers cope with these daily worries.”

**Stuart Muir added:** “We are delighted to support Place2Be and their Children’s Mental Health Week to help raise awareness of the importance of children and young people’s health. What we put into our bodies fuels both our body and mind and is so important to our overall wellbeing and healthy living.”



**Free resources have been published for schools and families** ahead of **Children’s Mental Health Week 2019 (4-10 February)** with this year’s theme of **Healthy: Inside and Out**. Place2Be is encouraging everyone to think about the simple things we can do to improve our physical and mental wellbeing.

Resources for schools, young people and parents can be found at: <https://www.childrensmentalhealthweek.org.uk/>