



menssana

HEALTHY HEROES
IS A YEAR LONG
PROGRAMME AIMED AT
CHILDREN IN P7!

STRESS

ANXIETY

CONFIDENCE

FRIENDSHIP

**SELF
ESTEEM**

IT EXPLORES
KEY THEMES
THAT DIRECTLY IMPACT
CHILDREN AS THEY
TRANSITION TOWARDS
'BIG SCHOOL'

COURAGE

TRANSITIONS

**MANAGING
CHANGE**



action
mental
health

**HEALTHY
HEROES
INCLUDES:**



**STAFF
INFORMATION
SESSION**

**ONE THEMED
SESSION EACH
TERM DELIVERED
BY EXPERIENCED
AMH MENSANA
PROJECT WORKERS**

**MONTHLY TEACHING
RESOURCES ON INDIVIDUAL
TOPICS WHICH ARE
LINKED TO THE PDMU
CURRICULUM AND HELP
REINFORCE LEARNING**

**TEACHERS WILL RECEIVE
'CHECK INS' FROM THEIR
AMH MENSANA PROJECT
WORKER EACH TERM TO
PROVIDE ADDITIONAL
SIGNPOSTING AND SUPPORT**

**YEAR END
ASSEMBLY &
CELEBRATION**

**LIMITED
AVAILABILITY.
BOOK NOW FOR
2021/22**

**For pricing and more information,
contact our AMH MensSana team at:**

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