

Primary Assembly



Be informed.



Be curious.



Be heard.

Your latest results: “Would you feel comfortable having a conversation about your mental health?”



Yes

47.5%

No

52.5%

“If you have a negative thought bubbling inside of you, you need to get it out because it can affect your mental health even more.”

Pheasant Bank Academy

“Yes, you should talk about your mental health because if you do talk and your friends have it then you can help each other.”

West Green Primary School

“I don’t feel comfortable having a conversation about my mental health because I think it is private information.”

Homerswood Primary and Nursery School

“It might be difficult to have a conversation with someone because you feel you might be judged.”

Mildmay Primary School

52,646 young people voted this week! Were you one of them?

Your latest results: “Would you feel comfortable having a conversation about your mental health?”

Firstly, a huge thank you to all the students who took part in this VoteTopic! Getting your honest views is so important to shaping our work. Time to Talk Day is all about encouraging people to have conversations about mental health. Talking to someone can be that all-important first step in our mental health journeys.

Your responses made it clear that many young people still find it hard to have those conversations in the first place and for a variety of different reasons. We want to help everyone feel more comfortable talking about their mental health – your views will help us plan just how we do that for future Time to Talk Days.



 **VOTESFORSCHOOLS**

Sam Khaneka,
Senior Marketing Officer (Time To
Talk Day) at Mind

Your views on “Would you feel comfortable having a conversation about your mental health?” were heard by:



childline



YOUNGMINDS
fighting for young people's mental health

Mind

Co-op

Childline

Place2Be

YoungMinds



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Want to share your views with us? Share your votes and comments by logging into your VotesforSchools account. You can also get in touch at primary@votesforschools.com

Thought of the week:

**Why is the
rainbow linked
to the NHS?**



Cloud break (1 min)

Do you remember painting or drawing rainbows during the lockdown?

During the **COVID-19 pandemic**, rainbows were drawn on **pavements**, on **walls** and were often seen in people's **windows**.





These **rainbows** showed **support** for the **hard work** done by adults working for the **National Health Service (NHS)**.



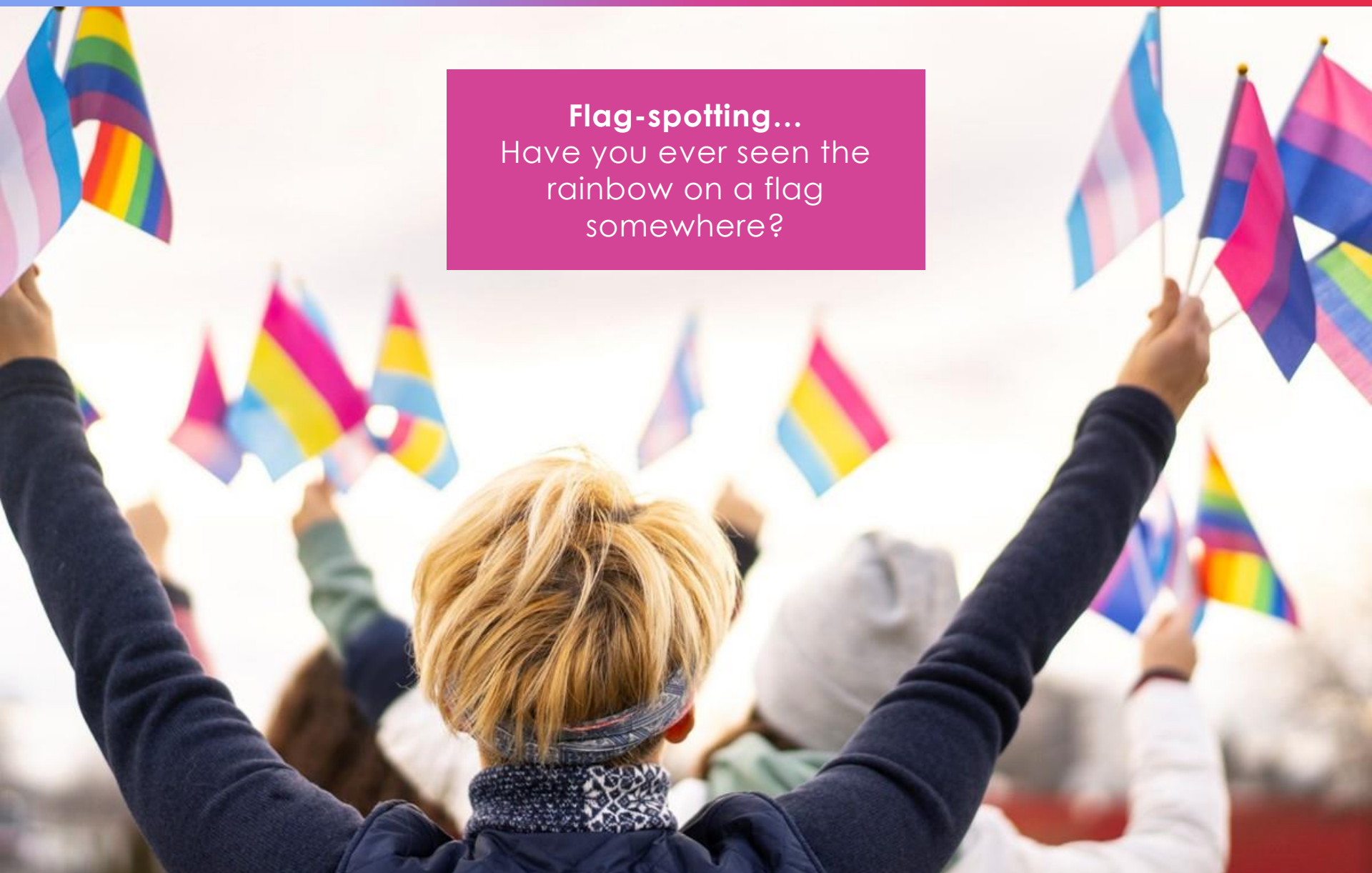
The rainbow can be **still be seen** in the NHS: you often see a **rainbow** worn as a **badge** by some **NHS workers**. The rainbow is also linked to **Pride**, which is a way of celebrating **LGBT+ communities**.



We're talking about **badges** and **flags** today as February is **LGBT+ History Month**. This year's theme is **about healthcare**.



Flag-spotting...
Have you ever seen the
rainbow on a flag
somewhere?





The **rainbow flag** was designed in **1978** to **celebrate people's differences**. It is also meant to show that **everyone** should **feel included**, no matter who they **love** or how they **feel** about **themselves**.



The **six colourful stripes** on the **flag** have different **meanings**!



Colour vision

Take a look at the **six-stripe Pride flag** that has been used for many years. Can you **match** the things it stands for to the correct **colours**? Take a few minutes to think, then click to see if you're right!



Spirit
Healing
Art
Nature
Sunlight
Life

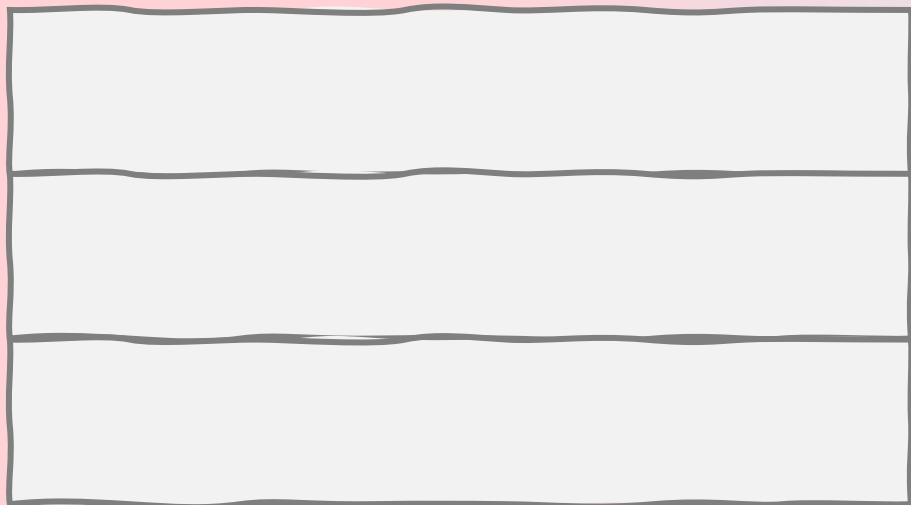


Second look

How many did you get right? Were any of the meanings of the colours surprising?

It's important to me!

Which three words would you put onto a flag? Which colours would you give these words?



Word 1

Word 3

Word 2





Be heard: New flags



Did you know?

It's common to see lots of different Pride flags today, not just the rainbow one.

This week you're discussing: "Do you learn during history months?"

Yes

History months make us look for stories about different groups of people.

I learn a lot about different people during history months.

Some history months highlight communities I do not know enough about.

We should look for stories about different groups of people all the time.

I feel I learn about different people's stories all year round!

There isn't enough time to learn about these important topics alongside our schoolwork.

No

Join the national conversation by logging into your VotesforSchools account or sharing your thoughts with your teacher!