



CHILDREN'S MENTAL HEALTH WEEK 2023 NEWSLETTER

We will be celebrating Children's Mental Health Week in school from the 6th to the 10th of February. The theme of the week is "Let's Connect". During their PSHE lessons this week, the children will be talking about their emotions and how they might vary from day to day. They will be listening to the story "My Many Coloured Days" and taking part in creative activities linked to this.

There is a link to the story being read aloud on You Tube below:

<https://www.youtube.com/watch?v=Lum83DLPXlw>

Jade, our Place2Be counsellor, will be working in some classes alongside the teacher during this week to deliver mental health and wellbeing activities. She will also be available to talk to after school in the KSI playground on Wednesday 7th February at 3.15 and in the KS2 playground on Thursday 8th at 3.15. Our pastoral leads and some of our wellbeing buddies will also be in the playground at these times to talk about what we have been doing in school during the week and answer any questions you may have. There will be a suggestion box available for any ideas you may have to share with us.

Taskmaster are running some daily tasks and a treasure hunt during the week for families to take part in at home, which looks like a really fun way to talk with children about mental health and wellbeing. There is more information on the link below:

<https://taskmastereducation.com/>

Place2Be have produced lots of activities and resources for families to use during the week if you would like to reinforce the work we have done at school during the week. The link is below:

<https://www.childrensmentalhealthweek.org.uk/families/>

If you have any concerns around your children's mental health or wellbeing, please do not hesitate to contact your teacher or one of the pastoral leads. There is also information on our school website, including video guides to some difficulties your child may be experiencing. We are continuing to work towards the Wellbeing Award for Schools and will be distributing a parental questionnaire in the coming weeks. We would be very grateful for your support in filling this in.

Mrs Kirkpatrick and Mrs Whitaker, Pastoral Leads

