

Friday 29<sup>th</sup> January 2021



Dear Parents and Carers,

During this challenging time, looking after the mental health of our children is especially important. To help support our children's wellbeing we will be celebrating **Children's Mental Health Week** next week. As part of this week, we would like children to take part in a lesson on mental health and wellbeing which will be delivered through Teams or in class if your child/children are at school. We would also like your child/children to watch a recording of a virtual assembly created by Place2Be, Bafta kids and Oak National Academy. This will feature pupils and well-known faces discussing the theme of Children's Mental Health Week as well as ways that children can get involved at home. It will be hosted by Blue Peter's Lindsey Russell and CBBC Presenter Rhys Stephenson. We will post it on Teams next week.

The theme of this year's Children's Mental Health Week is express yourself. Expressing yourself is about finding ways to share emotions, thoughts or ideas through creativity. It's about finding a way to show who you are and how you view the world, that can help you feel good about yourself. In the school lesson on mental health, we will explain our whole school art competition where children will be invited to create a picture or collage to express their hope for the future. They could have sunrises, flowers blooming, rainbows or anything else that remind them of hope. There will be wellbeing prizes awarded to the best entries in KS2, KS1 and EYFS. Entries will need to be submitted to the school **by Friday 12<sup>th</sup> February** either through Teams, Tapestry (EYFS) or handed in to the class teacher if children are learning at school.

During the week, you may like to visit the Partnership for Children website:  
<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html> This website has lots of activities which you can download and do with your child or children to promote their wellbeing and help them cope with the Covid-19 pandemic.



We hope your children enjoy the week and we look forward to viewing their artwork entries soon.

Yours sincerely,

Miss Bartlett

Mental Health Lead