



1 February 2021

Children's Mental Health Week

Dear Parents and Carers,

This week we will be participating in Children's Mental Health Week both in school and at home. With schools partially closed and lots of uncertainty, children and young people's mental health has never been more important.

The theme for this week is 'Express Yourself' and many of the activities will focus on creativity and using this as a vehicle to express feelings. We hope it is a week in which children can have less screen time and spend time being creative and getting outside where possible. Class teachers have put together suggested activities to try at home, but if you want to explore other creative ideas please do so. At the end of the week if you want to share any photos of what you have been up to, that would be fantastic. Please share these via Google Classroom or SeeSaw. We will then try and put everyone's work together and create a video to share with you.

We have put an assembly together to launch the week this can be shared at home and will be shared with the children currently attending school. Please click on the link below for this.

<https://youtu.be/fg5PYo7C-BA>

Have fun being creative and we look forward to seeing what the children have been up to.

Kind Regards,

Miss Ellery
Assistant Headteacher