



INSPIRE NURTURE BELIEVE ACHIEVE

Working together to be the best that we can be.



Monday 7th February

Re: Children's Mental Health Week

Dear Parents and Carers,

This week we will be joining schools across the county in celebrating Children's Mental Health week. We will be continuing with our daily check-ins in class and meditations and considering different ways to keep ourselves mentally healthy.

Get involved! You can explore Mental Health Week with your children at home. There are some great ideas and resources for parents and carers on the following website:

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

and you can use the Mental Health Calendar to continue with a new idea every day this month...



You can find a copy of this calendar attached. We would love to see the children's completed wellbeing calendars back in school. They could even challenge themselves by making their own!

Yours sincerely,

Catherine Richards
Federation Assistant Headteacher