



St. Werburgh's C. E. (A) Primary School

Love to learn, Love God, Love one another

3rd February, 2020

Dear parent/carer,

RE: Children's Mental Health Week (3rd -7th February)

This week is national 'Children's Mental Health Week': a time when schools, parents and carers are encouraged to particularly think about children's emotional wellbeing and mental health.

Led nationally by the Place2Be organisation, this year's theme is 'Find your Brave'. They advise that, *'Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. It can build your confidence, self-esteem and make you feel good about yourself.'*

Here at our lovely school, and across The Moorlands Primary Federation, your child's physical and mental wellbeing is important all year round, just as it is at home. We have regular sessions in the classroom, or through collective worship, which focus upon helping to develop children spiritually, personally, socially, emotionally, and improve their understanding of how to maintain a healthy lifestyle.

In celebration of 'Children's Mental Health Week', in addition to ongoing class-based activities, we are offering a number of whole-school activities which aim to provide children with opportunities to relax, to be active, and to suggest a few techniques which they can use in school and at home to reduce worry, anxiety or, again, to simply relax. They may even wish to share these with you! On our website, we offer a leaflet with ideas of websites/ techniques that you can use with your children. The back of this letter also features an advice sheet for parents/ carers, produced by Place2Be.

If you have any further questions, please don't hesitate to contact any member of the school team,

Kind regards and thank you for your support,

The St. Werburgh's team



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