



# St. Werburgh's C. E. Primary School

*Love to learn, Love God, Love one another*

1 February 2021

Dear parent/carers,

## Children's Mental Health Week 2021

We hope that this message finds you safe and well.

This week is 'Children's Mental Health Week', an event which we celebrate each year here in school and across The Moorlands Primary Federation.

As we continue in what is a challenging time for us all, it is important that we consider the physical *and* mental health of our loved ones **and** ourselves. In school, we will hold events which focus on relaxation, being calm and, given this year's theme of 'Express Yourself', being creative. So we can all be involved, we will also email links to a few lunchtime activities later this week which will be open to all members of the school family.

To mark the 'Children's Mental Health Week', HRH The Duchess of Cambridge has released a special video message, which can be seen here: <https://youtube.be/PEBURwEL9HM> (a link is also available on the 'News' section of our website).

For more information, and for ideas of activities which you can complete at home, please visit: <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

If you have any photographs of how your child is marking 'Children's Mental Health Week' at home, we would love to see them. A few may even make it onto our school and Trust website, or onto a display here in school.

For those currently in school: on **Friday 5<sup>th</sup> February**, to celebrate this special week, children are most welcome to come into school in **non-uniform**. Please ensure that clothing is appropriate for the weather and also to complete creative, or relaxation activities.

Stay safe, keep talking and keep looking out for one another.

The St. Werburgh's team



Holt Lane, Kingsley, Staffordshire, ST10 2BA. Tel: 01538 702355. e-mail: [office@st-werburghs.staffs.sch.uk](mailto:office@st-werburghs.staffs.sch.uk)



Kingsley Kingfishers Pre-School

[www.tmpf.staffs.sch.uk](http://www.tmpf.staffs.sch.uk)