

Children's Mental Health Week

Dear Parent/Carer

I hope you are all well. We are all missing the children and we are very much looking forward to being all back together soon!

In the meantime, I know that the children are working hard and doing their best. I very much enjoy seeing the work forwarded to the teachers. Lots of children are in the Gold Book! A huge well done to you all.

Alongside the work you are doing at home, I hope you are finding some time to enjoy some fresh air as part of your lockdown exercise. We all need to clear our heads sometimes, and a walk in the fresh air is sometimes just what is needed!



This week is Children's Mental Health Week. This is an annual week-long campaign run by children's mental health charity [Place2Be](#). This year's theme is 'Express Yourself' with the focus on children finding ways to share feelings, thoughts, or ideas through creativity. Mentally Healthy Schools have created a [toolkit of resources](#) for children, parents and teachers to use during Children's Mental Health Week.

The Oak National Academy has recorded an Assembly for the children to watch. The Assembly is called '[Express Yourself](#)' and has lots of ideas about how children can use creativity to share their thoughts. Lockdown is tough for everyone and we are thinking about all of the children and about their families.

Another useful website is [EveryMindMatters](#). This has some really useful ideas for supporting children and helping them through these challenging times.

I hope this week you have the opportunity to do something a bit different. If your child tries a new skill such as knitting or baking, or if they do the jigsaw puzzle that has been in the box for ages, please encourage them to email their teacher to share their new skill! We would love to hear from them!

We are thinking of you all.

Take good care and stay safe.

Best wishes

Marina Faulkner

Marina Faulkner
Headteacher

