



Dear Parents and Carers,

February 5th sees the start of Children's Mental Health Week. The week is organised by the charity Place2Be to focus on the importance of children's mental health. This year's theme is 'My Voice Matters'. **My Voice Matters** is about empowering children by providing them with the tools they need to express themselves. When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference, have a greater sense of community and self-esteem. At EPS we prioritise well-being and talk regularly about how we are feeling using our zones of regulation. We discuss and practise activities that support our well-being and are proud of our sense of community. Throughout the week we will be focusing on the theme of "My Voice Matters".

Here are a few simple tips that may help children with their mental health particularly when they are feeling anxious and or upset.

- Talk to someone you trust such as a member of your family or teacher.
- Remember you are not alone, everyone has times when they feel anxious or worried.
- Try and stay calm, take deep breaths or try and sit somewhere quiet for a few minutes.
- Go outside and take some exercise, fresh air is great and exercising can make you feel strong.
- Spend time with friends and family, connecting with those you are close to always has a positive impact on how we are feeling.
- Do something that makes you feel happy.
- Think of your favourite thing and draw or write it down.
- Keep a diary to track your emotions.
- Try and stay positive and focus on things that make you feel happy. If you can't think of anything perhaps a friend could help you.
- Things you could say to support someone else-
- Do you want to be my friend?
- I am here for you.
- Shall we tell an adult?
- Would you like me to find your friends?

- **You are a star!**

Healthy Minds Champions

During Children's Mental Health Week we will be choosing a new group of Healthy Minds Champions. Our current Champions have been amazing and have been involved in developing lots of ideas for supporting everyone in school. I would like to thank them for their enthusiasm and positive contributions.

What will you do?

We are looking for 9 pupils to be Healthy Minds Champions for our school. These will be 3 pupils from 3 different year groups in KS2. They will work with Jacqui Wright, our Educational Mental Health Practitioner (EMHP) and Mrs Ramsey. The group will meet regularly (mostly on Friday afternoons) and the Champions role will continue throughout the school year.

- Healthy Minds Champions will learn about their thoughts, feelings and actions, and ways to deal with these
- They will work together as team, brainstorming ideas and listening to each other to come up with projects that they and the school can plan and deliver together
- They will have the opportunity to gather other pupil's thoughts and ideas about how we can make school a friendlier place for all the children at school

If this sounds like something your child might be interested in, they will have the opportunity to fill in a postcard letting us know why they want to be a Champion and what would make them a good Champion. Class teachers will be giving out the postcards during the week.

By talking about mental wellbeing from a young age, children can learn to better understand their emotions, break down stigma, and feel safe enough to reach out for help when it's needed. Talking about mental health and expressing our feelings can be difficult, no matter our age. If you are concerned about your own or your child's emotional wellbeing please let school know so we can signpost you to support services.

Thanks and take care,

Kind regards

Nicole Ramsey
Deputy Head