



Dear Parents and Carers,

February 3rd 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 'Know Yourself, Grow Yourself'. The theme encourages children to grow and develop by embracing and building self-awareness and forming strong connections with others. We can build resilience, grow and develop by understanding who we are and understanding what makes us tick. Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel joy and what may cause us sadness. Throughout the week we will be focusing on the theme of "Know Yourself, Grow Yourself" and the children will be involved in activities around the theme.

Here are a few ideas that may help you support your child with their mental health and help them to express their emotions.

- **Make space for reflection;** when children reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.
- **Encourage your child to talk to someone they trust** such as a member of your family, friend or teacher.
- **Spend time with friends and family,** being with those you are close to always has a positive impact on how we are feeling.
- **Practice mindfulness and try mindful activities and quiet family time,** to enjoy being in the present moment. This can help children be aware of their thoughts and emotions.
- **Be visual and use imagery,** such as emojis or flashcards to help children recognise and label their feelings.
- **Writing things down can be helpful and can be less confronting than speaking out loud and is a helpful way to process what is going on.**
- **Creating safe and supportive ways to share your own experiences with your child can help them understand themselves and their impact on the world around them.**

Healthy Minds Champions

In February we will be choosing a new group of Healthy Minds Champions. Our current Champions have been great and have been involved in developing 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 ideas that they 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 coming weeks.

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 at any 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