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1st February 2022

Dear Families

Children's Mental Health Week – 7th to 13th February 2022

We all have mental health. Your mental health affects how we feel, think and act. It refers to your emotional, psychological and social wellbeing. Our mental health can change on a daily basis and over time, and can be affected by a range of factors.

When children and young people have good levels of wellbeing it helps them to:

- Learn and explore the world
- Feel, express and manage positive and negative emotions
- Form and maintain good relationships with others
- Cope with, and manage, change, setbacks and uncertainty
- Develop and thrive

When children and young people look after their mental health and develop their coping skills it can help them to boost their resilience, self-esteem and confidence. It can also help them learn to manage their emotions, feel calm, and engage positively with their education - which can, in turn, improve their academic progress.

Taking part in Children's Mental Health Week is just one of the ways we promote the importance of taking care of your mental health as much as your physical health.

This year's theme is:



Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

As our lives continue to adjust following the impact of coronavirus, we know that children and young people need our emotional support now more than ever. We are going to come together to express ourselves individually, and as a group, through the arts. We aim to use a variety of ways to participate both with class teachers planning posts on Seesaw/Showbie as well opportunities for whole school collaborations. Please see below for details:

Monday 7th to Friday 11th February - Assemblies

Miss Jones will host introduction virtual assemblies on Monday and Tuesday and Mrs Marriott will host an end of week virtual assembly for the children. These will provide videos and opportunities for discussion about, exploring the theme 'Express Yourself' and 'What is mental health?'

Lunchtime Club - Expression through Art

A club will be held each lunchtime and all children will be encouraged to take part in a whole school art project that we will be running with the aim to create a whole school Art Gallery. This will be displayed along with the learning from throughout the week after half term. This will be displayed on the playground from Monday 21st February.

Friday 11th February – Dress to Express Day

Everyone is invited to dress up and use clothing to express yourself and make a donation of £2 to Place2Be. Children and adults could wear their favourite colour or a unique outfit to express how they're feeling, it can be as simple or elaborate as you like! Dress to Express is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health and start conversations within your school community. We would welcome a £2 donation to support Place2Be: <https://www.place2be.org.uk> - Place2Be is a children's mental health charity that works to improve the emotional wellbeing of children and young people. Should you wish to donate more you can change the quantity to match the amount you would like to pay. For example if you would like to donate £10, override the quantity to 10. Please pay your donation online via Pay360 under 'Events'.



Parents and Carers

Throughout the week helpful links and information will be regularly posted onto the 'Wellness' page on the school website. As always if you have any concerns at all regarding your children's wellbeing please do contact Mrs Parker on MParker@hemingfordgrey.cambs.sch.uk.

Thank you for continuing to support our whole school aim to transform the mental health provision in Hemingford Grey Primary School by improving the quality, accessibility and effectiveness of our approach to promoting the importance of wellbeing and mental health. We believe that every child and their family should be at the heart of the care they receive.

Kind regards

Danielle Jones

Michelle Parker