



Through God, We
Love, Laugh and
Learn.

ST. MICHAEL'S CE (VC) FIRST SCHOOL

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30th January 2023

Dear Parents and Carers

Children's Mental Health Week (6th – 12th February)

Next Monday sees the start of Children's Mental Health Week all over the country. This week is an event which aims to raise awareness of mental health and to highlight ways of preventing and responding to it. In our school, the children will be taking part in different activities every day.

This year's theme is **Let's Connect**, which is about making meaningful connections for all. Human beings thrive in communities, and this connection is vital for our wellbeing, and our survival. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

For Children's Mental Health Week 2023, we will be encouraging children (and adults) to consider who they already have connections with and how to make new, positive and safe connections.

As well as the daily activities, on Friday (10th February) we will be asking the children to take part in a non-uniform day. The theme for this is 'Wear Something Blue'. We would love to see the children coming to school wearing something blue as part of their outfit so that we are all connected through the colour. It is also an opportunity for self-expression for all involved.

Finally, on Friday, the children will be taking part in fun activities throughout the day aimed to give the children experiences of different well-being activities and some strategies of how to help them regulate their emotions.

We look forward to sharing some of our activities for the week with you.

Yours sincerely

Miss A Whitney
Deputy Headteacher and Senior Mental Health Lead

