



Thursday 2nd February 2023

Children's Mental Health Week - 6th – 12th February

Dear Parents and Carers,

We are excited to announce that we will be taking part in Children's Mental Health Week during the final week of this term. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

What's it all about?

'Let's Connect' is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways. As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to. Throughout life we rely on those around us to meet our physical and psychological needs, and we have a role in helping to meet the needs of others.

People with positive connections to family, friends and others often experience better mental health than those who are less well connected. When our need for rewarding social connections is not met, or we don't feel understood or cared for by those around us, we can feel isolated and lonely. This is why it is so important for our mental health that we connect with others in healthy, rewarding and meaningful ways. The theme 'Let's Connect' encourages an inclusive approach to making meaningful connections for all – during Children's Mental Health Week, and beyond.

How you can help

Attached with this letter is a flyer from Place2Be with lots of fun activities to try out at home and connect in different ways. There are also some links to videos with further activities that you can try as a family. Please let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school. If you're worried about your child's mental health you can talk to your GP or one of our **Wellbeing Team**. They are Miss Brooks (Headteacher/Designated Safeguarding Lead), Mrs Taylor (SENCO), Mrs Jaines (Family Support), Mrs Fisher (ELSA) and Miss O'Brien (ELSA). Further information about Wellbeing can be found on our [website](#).

What happens in school?

At Grimoldby Primary School the wellbeing of our children is paramount and over the last few years we have embedded the use of our 'Wellbeing Check ins' across school. Children use this confidently to share how they are feeling with their Class Teacher. In KS2, children use an iPad and scan a QR code and in KS1 and

"Being the best that we can be..."

T: +44 (0)1507 327393

E: enquiries@grimoldbyprimaryschool.co.uk

W: www.grimoldbyprimaryschool.co.uk

Head Teacher: Miss Antonia Brooks
Deputy Head Teacher: Mr Stuart Spendlow
Chair of Governors: Mr Andy Craven



Foundation Stage, children place their name on one of the feelings monsters from the story, 'The Colour Monster.' Class Teachers are then able to identify children who may be struggling and can talk to them or, where appropriate, put in place more targeted support.

Throughout Children's Mental Health Week, classes will be exploring the different ways that we connect with each other. This will be through creative activities, videos, stories and songs. The week will culminate on **Friday 10th February** with '**Express Yourself Day**' where children can come dressed in whatever they would like to! It would be great for families to get involved too at the beginning and end of the school day! On this day we shall be helping to improve our mental health with a stroll around the village, making connections and spreading happiness in our community. Children can bring a donation into school to support FrOGs and any money raised will go towards buying further wellbeing resources for our children. ??

If you have any questions or are concerned about your child's wellbeing, please do not hesitate to get in touch through enquiries@grimoldbyprimaryschool.co.uk or call the school office on 01507 327393. We are always here to help.

Yours faithfully,

Mrs Becky Taylor

Senior Teacher

"Being the best that we can be..."

T: +44 (0)1507 327393

E: enquiries@grimoldbyprimaryschool.co.uk

W: www.grimoldbyprimaryschool.co.uk

Head Teacher: Miss Antonia Brooks
Deputy Head Teacher: Mr Stuart Spendlow
Chair of Governors: Mr Andy Craven