



Wednesday 2nd February 2022

Children's Mental Health Week

Monday 7th February – Sunday 13th February 2022

Dear Parents,

Monday 7th February marks the start of Children's Mental Health Week. The week is run by the charity Place2Be and focuses on the importance of promoting good mental health and wellbeing for children and young people. The theme of this years Children's Mental Health Week is 'Growing Together'.

What's it all about?

Human beings change and grow – we do it all the time and in many different ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults. But growing emotionally is also an important part of our development.

As parents or carers, you are an important role model for your child. Your child does not need you to be perfect - in fact seeing you make some mistakes can be really useful! What is important is that you are able to show them that you – and they – can continue to develop and grow even when things are hard. In fact, sometimes, this is when we learn and grow the most. 'Growing Together' is about growing emotionally and finding ways to help each other grow.

In school the children will be exploring the concept of growing emotionally and thinking about ways to help each other grow through stories and a range of other activities such as yoga, art, music and dance.

What can I do?

To further support your child at home, Place2Be have released some free resources for families that can be accessed by clicking this link: <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting the emotional wellbeing and growth of primary age children and can be accessed by clicking this link:

<https://parentingsmart.place2be.org.uk/>

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



Remember, we are here to help you in any way that we can. If you feel that we can be of any further support, or you are worried about your child's wellbeing then please do not hesitate to get in touch by contacting our school office on 01507 327393 or by emailing enquiries@grimoldby.lincs.sch.uk

Yours Faithfully,

Mrs Sophie Waters

“Being the best that we can be...”