

Welcome to Mr K and Emo's Weekly Mental Health Memo

Issue 7 — March 9th 2021— New Start, New Challenges, New Joy

The weekly update to help parents and carers supporting their children's and their families mental health.

Hi folks and welcome to the seventh edition of the 'Mental Health Memo'. This week it is **the first week we are all back together again since January!!!** Emo and I are very excited. Keep using the positive strategies you have learnt to get us back into the swing of things.

Are you ready for Emo and I to give you some more ideas and ways to stay positive? Lots of other Mental Health and Wellbeing activities will be posted on Tapestry, Google Classroom and our [FACEBOOK PAGE](#) so please keep your eyes peeled for more. There is also the final 'Connection Games Extra' attached to this Memo for you to try.

Here is what to look out for this week with some links to websites and some key ideas

Monday— Mindful Monday— What's it like to be back in school again? What things were great to be back to and what was tricky or difficult? How do we deal with these different feelings and 'keep going strong' - The beginnings of developing resilience.

Wednesday— Wellbeing Wednesday— Have you got settled back into the routine yet? Can you identify some new challenges? How are you going to rise to them?

Friday— Fun Friday— Who knows what might happen this week? Maybe Lawn Gallacre will be out in his garden again?

Look out for next week's issue where there will be more fun and mental health ideas and advice. In the meantime if you want to share some ideas or ask any questions please contact me on my email— dkirwin@wykeregisd.dorset.sch.uk— Have a great week.