

Wyke Regis Primary Federation

Inspiring Hearts and Minds

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Children's Mental Health Week- Week beginning 7/2/2022

Dear Parents/Carers

Next week is National Children's Mental Health Week. The theme this year is 'Growing together'. Over the past few years in school we have made our children's mental health a priority, helping the children to understand and manage their emotions. Next week, we will be encouraging children (and adults) to consider how they have grown, and how they can help others to grow.

Growing together is about growing emotionally and finding ways to help each other to grow. There are many situations in life that help us to grow, however emotional growth is often a tricky gradual process that happens over time. As adults, we play a significant part in supporting our children's mental health.

In school next week, we will be specifically focusing on being a 'STAR of our emotions'. This will help us to expand our understanding of ways in which we can become regulated when overwhelmed and also how we can help others. Please see the attached poster for more information.

The last letter of STAR stands for relax, so we would love to know what your children do at home to relax when things are a bit overwhelming. Maybe they read a book, have a bath or do some yoga. You are invited to share with us the different things that your children do to relax with us. You may like to present this as a poster or a short video clip. Please ensure that these are brought into school and videos shared onto Google Drive by **Friday 11th February**.

For further information, you may like to look at the parents/carers section of the Children's Mental Health Week website.

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

Yours Sincerely

Mrs Monaghan
KS1 PSHE leader.