

Mental Health and Well-Being Newsletter



Children's Mental Health Week 4th-10th February 2019



Tuesday 5th February is Non School Uniform Day! Please bring a donation of £1 to donate to Place 2 Be Children's Charity. The colour theme is Red and Yellow.

Parents please join us for a cake and cuppa on the 5th February, 8.45 to 10am to celebrate Children's Mental Health Week. Donations welcome to go towards this fantastic charity.

We hope you can join us.





Our Well-being champions will be delivering a whole school assembly on the 5th February sharing their passion for raising awareness of Mental Health and what keeps us well.



- **Our bodies and minds are actually very closely linked, so things that we do to improve our physical wellbeing can help our mental wellbeing as well.**
- **Family life can be very busy and stressful at times. Cooking a meal, sitting down for a family dinner, or going for a walk together can be a great way to stay connected and have fun.**
- **Remind your children that there's no such thing as a perfect body or mind. Your child might be tempted to compare themselves to other children, especially on social media, but it's important to remember that everyone's bodies and minds are different – and that's something to celebrate.**