

# Mental Health, Well-Being and Safeguarding Newsletter

**Welcome Back!**

**We hope you had a fantastic Christmas.**



At Alvechurch School we are committed to ensuring our school environment is a positive one. We will be celebrating Children's Mental Health Week in February. The theme for this year is 'Find Your Brave'.

Last year we raised an amazing £375.38 for the Children's Charity Place2Be, we are hoping to do the same this year.

Place2Be is a national charity providing in-school emotional support to children and young people.

Founded in 1994 the charity has grown from supporting a handful of schools to working with over 600 schools nationwide.



**5th February** ~ PC Simon Albott from West Mercia

Police will be coming in to talk to parents and children about Drug and Alcohol use. The talk will be 17.45 to 18.30 and you will need to book a place with Sarah Plumb.

**6th February**—Charlie Fogarty MBE

will be coming into school assembly to talk to the children about his journey to recovery following his road traffic accident in 2012. Charlie certainly is brave!

**7th February**— **Non Uniform Day for £1 donation**

Children can come into school in non uniform in exchange for £1, this will then be donated to Place2Be.

Our school Well Being Champions will be taking a whole school assembly also.

Our **Craft Club** children were very busy in December making Christmas Cards for all the residents at the Lawns residential home in Alvechurch. The cards were hand delivered to the residents by some of the children.



Craft Club takes place on a Wednesday after school. Research and feedback from our children has highlighted the positive effects Crafting can have on your well-being.

Craft Club gives the children chance to relax and unwind and also the opportunity to discuss openly topics around Mental Health and Well-Being.