



Midsomer Norton Primary School

'Part of the Midsomer Norton Schools Partnership'

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Wednesday 31st January 2024

Children's Mental Health Week 5th -11th February 2024

Dear Parents and Carers,

We believe in supporting our children to know how to take care of their mental health. As part of this work, we will be taking part in Children's Mental Health Week which will run from the 5th -11th of February. The theme for this year is '**Your Voice Matters**' and we want our children to be able to share their voice and their opinions.

Our Children's Mental Health Team carried out some research to find out what makes us feel good inside and they reported that exercise, hugs, favourite foods, favourite items, being with family, fresh air, music, hobbies, art and craft and friends make them feel really happy inside. The team have come up with the following excellent ideas in response to their research:

Monday

Every child is invited to bring in their favourite soft toy. It needs to be a reasonable size so it fits nicely on their desk while they can still have space to carry out their work.

Tuesday

Safer Internet Day runs on Tuesday so every class will have a themed lesson linked to conversations about staying safe online.

Wednesday & Thursday

Other planned activities may include listening to music, extra PSHE (Personal, Social, Health and Economics) lessons around our special theme, five minutes extra play at morning break time every day, drawing and colouring, themed assemblies and mindfulness breathing.

Friday

On Friday, we will host a 'Be Yourself' day and children can come to school in clothes that express who they are.


We would like to take this opportunity to thank you for your continued support and we look forward to sharing with you what the children get up to.

Yours sincerely,

Mrs Forster



HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

 @BELIEVEPHQ

www.BelievePerform.com



LOVE

Be there for your child and show care and love



EXERCISE

Encourage play, exercise and sport



BEHAVIOUR

Keep an eye out for any changes in behaviour



SUPPORT

Regularly support, encourage and praise your child



REST TIME

Help your child to manage stress by building in some rest time



BE PROUD

Tell your child that you are proud of them



PATIENCE

Be patient. Don't pressure your child



HELP

Don't be afraid to seek help from professionals



FEELING

Get to know how your child is feeling



EDUCATE

Educate yourself about mental health problems



PROBLEM SOLVING

Help your child to effectively problem solve



LISTEN

Make sure you take time to listen to what your child has to say



COPING

Help your child to learn some simple coping skills such as relaxation



SYMPTOMS

Be aware of signs and symptoms



CONVERSATION

Encourage your child to engage in conversation



ENVIRONMENT

Provide a positive environment for your child where they can thrive

