



# Midsomer Norton Primary School

'Part of the Midsomer Norton

Schools Partnership'

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Wednesday 2<sup>nd</sup> January 2022

## Children's Mental Health Week 7th - 13th of February 2022

Dear Parents and Carers,

At Midsomer Norton Primary, we believe that looking after our mental health is just as important as caring for our physical health. Every class has a weekly PSHE (Personal, Social, Health and Economic education) lesson and we use these lessons to discuss emotions, talk about our mental health and cover lots of really important topics to help us live our lives.

We will be joining schools across the UK in taking part in Children's Mental Health Week and the theme this year is 'Growing Together'. Growing together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'. As part of Children's Mental Health Week, we will be encouraging children (and adults) to consider how they have grown and how they can help others to grow. You can find out more about Children's Mental Health Week by visiting this link: <https://www.childrensmentalhealthweek.org.uk/about-the-week/>

We will begin the week with a dress up day to shine a spotlight on mental health and our theme of 'Growing Together'. Children are invited to come to school in clothes that express who they are. 1 in 6 children and young people have a diagnosable mental health problem, and many more struggle with challenges from bullying to bereavement so it's really important to let our children know 'It's okay not to feel okay'.

Every class will engage in specially planned lessons that fit with the theme and we can't wait to show you some examples of what they will do on our school Facebook and Instagram page. Your generosity and kindness to our Amazon Wish list book initiative means that we have a number of bright, colourful story books on the topic of mental health. We hope to share these with the children during this special week.

Please find time to talk about mental health with your child this week. The links below will help prompt your discussions:

<https://www.bbc.co.uk/bitesize/articles/zndp6v4>

<https://www.bbc.co.uk/teach/teach/childrens-mental-health-week/zk37bdm>

<https://www.bbc.co.uk/bitesize/articles/zmw7d6f>

<https://www.youngminds.org.uk/>

If your child is ever feeling low, please come and see us or send an email via the office. We believe in working together so everyone enjoys school and feels good both inside and outside. Our school page on mental health has lots of advice, support and useful links: <https://www.midsomernortonprimary.co.uk/our-school/mental-health-and-wellbeing.htm>

We would like to take this opportunity to thank our parents/carers for all their wonderful support and encouragement.

Yours sincerely,

Mrs Forster

