



Midsomer Norton Primary School

'Part of the Midsomer Norton Schools

Partnership'

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Friday 29th January 2021

Children's Mental Health Week **1st – 5th of February 2021**

Dear Parents and Carers,

As a school, we believe looking after our mental health is just as important as all the other academic subjects. We have posted weekly PSHE (Personal, Social, Health and Economic education) lessons through lockdown and we are using our live teaching sessions, registers, email and phone contact to monitor the wellbeing and mental health of the children in our school.

Life is tricky at the moment for everyone and not seeing friends and being in school is very difficult for a lot of children. We also recognise that our children's parents are doing an amazing job in supporting their children and we hope next week's Children's Mental Health Week will give everyone an opportunity to be creative and focus on what they love most.

We are using Children's Mental Health week as an opportunity to promote the importance of looking after our mental health and through the key theme of 'Express Yourself,' we will be celebrating the children's work during the week. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. You can find out more about the week by following this link: <https://www.childrensmentalhealthweek.org.uk/>

We have come up with a range of activities the children should enjoy engaging in for every day of the week. Our afternoon foundation subjects will be replaced by a PSHE activity for every afternoon. Teachers will post a choice of activities daily so please encourage your child to choose the one they like the most. We will use our register in the afternoon to get feedback on how the children have chosen to express themselves and we can't wait to see what you get up to. On Friday, we will be having a fancy dress day so the children can dress up for the day or, alternatively, decorate a potato! We will provide some fancy dress spud pictures to inspire everyone on google classroom.

We know that parents are very busy homeschooling alongside working their normal hours, so please do what you can at this time. We have tried to choose activities that can be done independently. We don't expect to see perfect masterpieces but we do want to see children letting their imaginations run free and expressing their unique interests and talents. If you would like to share any photographs, please email them through to photos@midsomernortonprimary.co.uk and we are going to put them all together to make a video. Send as many as you like and we can't wait to see them.

We would like to take this opportunity to thank our parents/carers for all their wonderful support and encouragement. You are all lockdown legends in our eyes!

Yours sincerely,

Mrs Forster & Mr Randell

