



**Midsomer Norton Primary School**

*'Part of the Midsomer Norton*

*Schools Partnership'*

High Street  
Midsomer Norton  
Radstock BA3 2DR  
Tel: 01761 412289  
Fax 01761 415896

Head Teacher:  
**Mr Alun Randell**

[office@midsomernortonprimary.co.uk](mailto:office@midsomernortonprimary.co.uk)  
[www.midsomernortonprimary.co.uk](http://www.midsomernortonprimary.co.uk)

8th October 2021

### **World Mental Health Day 2021**

Dear Parents and Carers,

As a school, we believe looking after our mental health is just as important as taking care of our physical health. We have weekly PSHE (Personal, Social, Health and Economic education) lessons which the children really enjoy and we practise mindfulness breathing to help the children calm their minds and bodies. Thanks to the kind donations purchased through our Amazon Wishlist of books, our library is stocked with beautiful books all about feelings and mental health which we regularly share with the children. We also have stories which. We also have a great selection of books that help with spiritual, moral, social and cultural development.

Life can be tricky sometimes and children can feel upset, worried, bothered or frustrated. We want all the children in our school to feel happy. Please speak to your child's teacher if your child is worried or unhappy about something and we will do our best to help. We use worry boxes in every classroom to allow the children to share any worries they may have.

On Sunday 10th of October it's World Mental Health day and the perfect opportunity to speak to your child about all things mental health. We encourage parents to sit with their children and discuss mental health and what it is. 'Talking Mental Health' is a great video to watch with your child and a great way to start a conversation about looking after ourselves:  
<https://www.annafreud.org/schools-and-colleges/resources/talking-mental-health-animation-teacher-toolkit/>

You can also use this link which has lots of great videos to watch and discuss the topic of mental health.

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

We would like to take this opportunity to thank our parents/carers for all their support and we know that working together will ensure our children are happy in school.

Yours sincerely,

Mrs Forster

