

27th January 2021

Dear Families

Children's Mental Health Week – 1st to 7th February 2021

As you will know, supporting the whole child is something that we believe in at Hemingford Grey Primary School and as part of that, children's mental health and overall wellbeing is a school priority. Our approach to supporting children's mental health is something we do as part of our everyday. Taking part in Children's Mental Health Week is an ideal opportunity to once again highlight the importance by providing opportunities for discussion, further equipping our children with the tools to support themselves and for parents and school staff to gain more knowledge and access support available.

This year's theme is:



Self-expression is about communicating your identity and is a great way to relieve yourself of negative feelings and free your mind. Self-expression can help you to reflect on your life, actions, decisions, relationships, beliefs, and thoughts — rather than keep them buried deep down. We hope that by expressing ourselves thoughtfully, we can better communicate, collaborate and build a community with others.

At times of crisis, as we find ourselves in currently, we can come together to express ourselves individually, and as a group, through the arts. We aim to use a variety of ways to participate next week both with class teachers planning posts on Seesaw as well opportunities for whole school collaborations. Please see below for details.

Monday 1st – Friday 5th February – Assemblies

Miss Jones will be uploading an assembly a day. These will provide videos and opportunities for discussion about, exploring the theme 'Express Yourself' and 'What is mental health?'

Tuesday 2nd February – Expression through Art

Miss Atkins will be posting a video explaining a whole school art project we will be running with the aim to create a whole school Art Gallery.

Wednesday 3rd February – Virtual Dress to Express Day

Everyone is invited to dress up for the day to express themselves. Children and adults could do this by wearing your favourite outfit, a colourful outfit. Our lives are full of colour and we can use colour to make sense of how we're feeling, who we are and the world we live in. You could wear your favourite colour or choose a range of colours that express how you're feeling. Colour can be very personal and mean different things to different people, so this is a great opportunity to encourage self-expression and celebrate a diverse range of emotions.



Friday 5th February – Hemingford Grey Primary School Expresses Themselves!

To conclude our week and as a way of celebrating together we ask all children to upload on Seesaw a form of self-expression you feel happy to share. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. Your post could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. On Friday the teacher's will post this as an activity and you can then respond with a post. This needs to be a snapshot, so no more than 10 seconds if uploading a video. You have until Monday 8th February to upload.

Parents and Carers

Throughout the week helpful links and information will be regularly posted onto the 'Wellness' page on the school website. As always if you have any concerns at all regarding your children's wellbeing please do contact Mrs Parker on MParker@hemingfordgrey.camb.sch.uk or pay her or Miss Jones a visit at the virtual 'pop-in' next Wednesday 3rd February between 12.30-1.30.

Thank you for continuing to support our whole school aim to transform the mental health provision in Hemingford Grey Primary School by improving the quality, accessibility and effectiveness of our approach to promoting the importance of wellbeing and mental health. We believe that every child and their family should be at the heart of the care they receive.

We look forward

Kind regards

Handwritten signature of Danielle Jones.

Danielle Jones

Handwritten signature of Michelle Parker.

Michelle Parker