

# HUNTINGTON PRIMARY ACADEMY

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This week is 'Children's Mental Health week' and your child, whether in school or at home, will be taking part in activities to help promote their wellbeing. Given the current National situation, we feel this is even more important this year than normal.

The theme of this year's Children's Mental Health Week is **Express Yourself**. 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.

This week will become the launch of our well-being/'screen-free' days. Each week, class teachers will be allocating a day in the week and providing a bank of suggested activities that can be completed by your child away from a device. These will be shared with your child in the same way, via Tapestry. We hope this will provide an opportunity for fun and relaxation for your child. Also, giving your child an opportunity to 'Express Themselves'.

Hopefully, children will then be able to feedback on their positive experiences and how this promoted their wellbeing, each week in the Google Meet sessions with the class and class teachers. It could initiate some interesting discussions at home too, as they embark on some new challenges.

We look forward to this new and exciting session, which will be a positive experience for all!

Best wishes,

Sam Knight and Kirsty Macfadyen.

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