



The
Hawthorns
Primary School

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Headteacher
Ms Raha Razeghi

28 January 2021

Dear parents and carers,

Next week will be Children's Mental Health Week. The school will be embracing the theme of EXPRESS YOURSELF set for the week and we will be planning a lesson based on a different form of expression each day. Please find the schedule below so that you can see what topics will be spoken about and taught each day in every year group. The topic will be the same for each day, in all year groups, however, teachers will plan lessons appropriate to the age that they teach.

Monday: Express yourself through art
Tuesday: Express yourself through movement and poetry
Wednesday: Express yourself through healthy attitudes (sleep, eating, exercise)
Thursday: Express yourself through mindful activities
Friday: Express yourself through music

Please find attached a book list that you may want to dip into if your child is needing reassurance in a specific area. There are also many helpful websites that you can dip into throughout the week, one being: <https://www.childrensmentalhealthweek.org.uk/>



[Children's Mental Health Week 2021](http://www.childrensmentalhealthweek.org.uk/)

Children's Mental Health Week. Children's Mental Health Week is taking place on 1-7 February 2021. This year's theme is Express Yourself. All of our free resources can be adapted for use in school, for home-schooling, online lessons or independent learning. Please add the dates to your calendar and sign up for email alerts for the latest Children's Mental Health Week news.

www.childrensmentalhealthweek.org.uk

We hope that your children benefit from the week and we look forward to planning many exciting activities to engage them.

Kind regards,
Mrs Exall

