

Children's Mental Health Week - 7th to 11th February

This year's theme is GROWING TOGETHER

Children's Mental Health Week focuses on the importance of looking after our emotional wellbeing from an early age.

Human beings change and grow – we do it all the time and in many different ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults.

We grow intellectually as we gain new knowledge, skills, and understanding at school, and beyond.

Growing Together is about growing emotionally and finding ways to help each other grow.

For Children's Mental Health Week 2022, we will be encouraging children (and adults) to consider how they have grown, what they need to help them grow, and how they can help others to grow too.

Throughout the week the children will complete a daily GROWING TOGETHER activity in class.

Exposure to Nature and Mental Wellbeing go hand in hand and the children will have the opportunity to plant a tree in the fuel and furze woodland and to watch it grow over time.

Owl and Hedgehog class will be going to the woods on Monday 7th February. Deer class will be going to the woods on Tuesday 8th February. Please send your child to school in warm clothes, long trousers and wellies on those days.

On Friday 11th February the Friends Committee are inviting the children to come to school dressed in bright colours.

How will you all GROW TOGETHER?

