

Monday 8th February, 2021.

Dear Parents and Carers,

As you are aware, last week was Children's Mental Health Week for all of our learners. We know how important this is, especially at this time, so we are continuing this work until the end of the week. The theme is 'Express Yourself' and we look forward to seeing how our young people choose to do just that this week. There were lot of ideas shared last week.

Here is the calendar of ideas from Action for Happiness for Friendly February.



Finding ways to help our children can be tricky. 'Young Minds' is a charity which helps parents and schools to support young people's mental health.

Take a look at their website for some fabulous ideas.

<https://youngminds.org.uk/supporting-parents-helpfinder/>

There is also a useful 'When Emotions Explode' poster with brief, supportive strategies under red, amber and green headings.

<https://youngminds.org.uk/media/4291/when-emotions-explode-poster.pdf>

Yours sincerely,
Caroline Spooner
SENDCo

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