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Headteacher: Miss T. Smith

Monday 8th February 2022

Dear parents and carers,

This week is Children's Mental Health week and we appreciate, now more than ever, that our mental health is of the utmost importance and we want our children to be able to discuss mental health regularly as part of their daily routines. In order to help raise awareness and remove the stigma, we are holding a **"Wear your scarf to school day"** on Friday 11th February – this is because scarves offer comfort and protection. There is no cost implication as the intention is to help raise the profile in our school community and we want everybody to be able to take part. In addition to this, our assemblies this week will be centred around mental health and we will be completing relevant activities within class on Friday.

At school, we approach mental health using the following concepts:

We all have mental health. Mental Health is about our feelings, our thinking, our emotions and our moods, whether good or bad. Looking after our mental health is important, just like looking after our physical health.

We all have small feelings every day. These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long and they can be managed.

Sometimes we experience big feelings. These feel strong and overwhelming for a long time. They can stop us doing what we want in our lives.

If you have concerns or need any support around mental health, the following website can refer you to some helpful services or, as always, please feel free to contact the school.

[Derby & Derbyshire - Emotional Health & Wellbeing \(derbyandderbyshireemotionalhealthandwellbeing.uk\)](http://derbyandderbyshireemotionalhealthandwellbeing.uk)

Kind regards,
Miss Smith

