

Children's Mental Health Week 2023

We celebrated Children's Mental Health Week from 6th to 10th February 2023. This year, we used the theme of Let's Connect.



It was a very busy week. Here is a little taster of what we all got up to.

Mrs Cottenden kick-started the week with an assembly introducing the theme. We thought about all the connections we have with other people. We thought about the way we connect with people through words, facial expressions, body language etc. We thought about how someone may feel disconnected and how we can all play a part in making sure that they feel connected and included again.

We were all given a paper chain and added our names to a link. We also drew pictures about some of the things we like to do. These were all joined together to make a really long paper chain.



In KS2, we drew on individual jigsaw pieces so that we could see how we are just one small piece in a much larger jigsaw of connections.



In class, we all completed activities about how we can connect to others. We played games such as Let's Connect bingo and Hula Hoop connections.



We also completed lots of wellbeing activities such as learning about breathing techniques, yoga and meditation. Some children also wrote postcards of kindness to people in residential care homes.





On Friday 10th February, the children (and staff) had a non-uniform day with the theme of 'Dress to Express'. Everyone was encouraged to wear colours that made them happy. It was a very colourful day indeed! Our governor with a responsibility for wellbeing, Mrs Kerry Petts, visited us to see what we have all been up to. ``

Pupils in Y5 and Y6 have spent the past few weeks producing a pamphlet for all of the children using uplifting quotes. Thank you to Ivy, Rosie, Belle and Eliza for helping with this. These were sent home today so please look out for it. A digital copy is also available on our school website under Pupil Wellbeing.



Other Wellbeing News

Mrs Cottenden has been busy writing a pupil wellbeing survey which we hope to complete next week. One of the questions is how can we make the school a happier place and she is looking forward to hearing all of the children's ideas so that we can make a plan to make some further changes. Since the last pupil wellbeing survey we have been busy making changes that the children suggested including different things to play with at playtimes and lunchtimes. Watch this space for further changes coming soon.

We have recently made additional changes to our school website page on Pupil Wellbeing to include more helpful links for parents to support children's mental health and wellbeing. We hope you find the information there useful. If you are concerned about your child's wellbeing, please do come and talk to someone in school. We have a large Wellbeing Team that are well placed to support children in school and who will be able to signpost you to outside services and charities who will also be able to provide support and advice.

We have now completed our application for the Kent Award for Resilience and Emotional Wellbeing and hope to send this off in the next few weeks. We hope to hear very soon if we have been successful.

Our Wellbeing Team:

Mr Way (Headteacher)

Mrs Cottenden (Senior Mental Health Lead/ Youth Mental Health First Aider)

Laura Jakob (FLO/Youth Mental Health First Aider)

Kay Lewis (SENCo)

Miss Holness (EYFS and KS1 Lead)

Mrs Munro (KS2 Lead)