



Birches First School

Believe, Grow, Succeed

Birches Avenue
Codsall
Wolverhampton
WV8 2JG
01902 297910

www.birches.staffs.sch.uk
office@birches.staffs.sch.uk

Dear Parents,

During the week beginning 17th May (postponed due to the unpredictable weather) we will be promoting Positive Mental Health throughout school with a variety of activities. This year's focus led by mental health charities such as MIND and Mental Health UK is to encourage individuals to reconnect with nature.

Over the past 12 months the pandemic has led to the closure of parks and recreation spaces, which has in turn had a negative impact on children's physical and mental health and wellbeing. Reconnecting with nature for this year's Mental Health Awareness Week is to highlight the impact nature can have on our Mental Health and Wellbeing.

At Birches First School the children will be participating in a variety of different outdoor activities, building from an extremely successful "No Chairs- Fresh Air" day two years ago.

At all times the children will remain within their Key Stage Bubbles to access a variety of different activities, class teachers will inform you via text regarding when their year group should come to school wearing their own (old) clothes and appropriate outdoor footwear.

The activities will require your child to collect and bring in to school a bag of natural materials, for example leaves, flowers, feathers, tree bark or seeds to use in one of the art projects we have arranged. (The items are to be shared amongst the bubbles and do not need naming)

What a lovely reason to walk around the village at the weekend and view all the scarecrows as part of the scarecrow festival, including our Birches First School entry, whilst collecting your natural materials and reconnecting with nature.

Other donations which will be gratefully received from MONDAY 17th May include:

- Large pieces of cardboard or flat boxes
- Rolls of wallpaper
- Wood paint (to freshen up our bird boxes)

I hope the weather is very kind to us and the children embrace nature and all the benefits.

Please see the links below for anyone who wishes to develop further any activities suggested by charities at home.

Websites links are also available for anyone who requires further information or support.

Your sincerely

Mrs Moge

Activities- <https://www.mind.org.uk/media-a/2931/nature-and-mental-health-2018.pdf>

Support- <https://youngminds.org.uk/> <https://www.place2be.org.uk/>
<https://www.headstogether.org.uk/partners/charity-partners/>
<https://www.mind.org.uk/information-support/for-children-and-young-people/>