



Birches First School

Believe, Grow, Succeed ...

...to be the best 'me' I can be.

1st February 2023

Children's Mental Health Week 6th-10th February

Dear Parents

As you are aware next week is Children's Mental Health Week. I am delighted to inform you we will be participating in this very important week, supporting and encouraging our children to discuss and understand in age-appropriate terms what Mental Health is and how we can understand something we cannot always necessarily see.

As a school we will be completing various activities which reinforce this year's theme '**Let's Connect**'. We are encouraging the children to understand who they are connected to it may be family, friends, pets, groups (football clubs/Brownies etc) people who may have passed or they no longer have much contact with.

As Internet Safety Day (Tuesday 7th February) falls within Mental Health Week, we will take the opportunity to complete activities on this day to remind the children how to remain safe on line and emphasise the severity and importance that those children who connect online must ensure they are safe.

On Wednesday we are going to connect with nature and each other, all children will be grouped into their houses and work collectively to complete a carousel of activities to connect them within their Team Houses, As a School (Team Red!) and with Nature. Children are to come to school wearing **old, warm clothes**, bring wellies in a plastic bag and ensure they have an appropriate coat (an **old one** as we will be painting and creating mosaics/wood tiles/nature crowns). The children will also be making fruit kebabs and learning about how to help keep their mind healthy with the correct food and drink choices.

Thursday children will completed activities in class and have their normal day with Games/Forest School sessions.

Friday as per our Newsletter will be '**Dress to Express**'. Children can come wearing anything that they identify and connect with. It could be a favourite colour, a group they belong to e.g. Brownies, rainbows, Little Kickers, Kixx, Taekwondo etc. It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

The staff and I are very much looking forward to this week, it is such an important aspect of your child's education which we are proud to support and recognise. The parents' guide was sent out yesterday (Monday 31st January). If anyone would like any further information or wish to discuss anything further please do get in touch with me.

Thank you for your support.

Best wishes

S Varricchione

Headteacher