



Birches First School

Believe, Grow, Succeed ...

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



Friday 16th January 2026

Dear Parents,

On Monday 9th February to Sunday 15th February 2026, it is Children's Mental Health Week.

This year the theme is **"This Is My Place"**.

That means feeling like you're part of something, such as your family, your school, your group of friends or a team. These happy moments help us feel connected, valued, and accepted. When we feel like we belong, we feel happy, safe, and ready to learn and play. It helps us grow strong in our minds and bodies, and it makes it easier to make friends, do well in school, and feel good about ourselves.



During Children's Mental Health Week, we'll be talking about how we can help everyone feel like they belong. We will share This is my Place so we can learn from each other what makes us feel happy. We'll learn how to be kind, include others, and make sure no one feels left out. Because everyone deserves to feel like they have a place where they are accepted, cared for, and loved.

The teachers have planned a variety of exciting activities for the children to participate in during this week.

In preparation for the week, we would like children to complete the art activity (see below) as their homework to be in school on **Friday 6th February 2026**. This will then be shared in class during the week.

Before starting the activity (see below) with your child discuss what belonging means to them.

What does belonging mean?

Do you know belonging isn't felt from just one thing or one place. There are so many ways we can feel like we belong. See some examples below:

Here are some examples of where they might feel belonging:

- **At Home:** with supportive family members/carers who know you well, even your quirks.
- **In Activities and Special Interests:** that you enjoy and are passionate about.
- **In Communities:** religious or cultural groups, neighbourhood communities, online spaces or volunteer organisation.
- **With Friends:** those special people who truly understand you, make you laugh, and stand by you.
- **Within Yourself:** feeling comfortable to be with you and accepting yourself as you are.
- **Within the Environment and Universe:** being outdoors or looking at the stars to feel belonging not only with other people but all that exists on our planet and beyond, good times and difficult ones.

WHAT ARE MAPS?



Maps are used to outline and describe different parts of the world. Maps have lines, colours, and symbols that help us understand important things about places and where to find them. We might notice things like countries, cities, mountains, rivers, or deserts on a map.

Fun Fact

Using available materials, create a map showing all the places, groups, and activities that help you feel like you belong.

Your map could look like one you've seen before with real places, or it could be completely imaginary with unusual features and outlines.

1 Draw the main outline of the land and what it looks like:

- Is it an island surrounded by sea or does the land cover the whole page? Maybe it is shaped like something you like (for example an island in the shape of a bird)
- Perhaps it is completely imaginary and out of this world (such as candy clouds)

What is the environment like:

- Does it have one big city or are there many villages and towns?
- Are there mountains, forests, lakes, volcanoes, beaches, etc?

2 Using your choice of words, colours, symbols and patterns, add everything that gives you a sense of belonging to your map.



Your map can be as simple or detailed as preferred.

Examples:

- A couple of pillows and books for that cosy corner of the library where you like to read
- The stage in the school hall where you feel proud, and confident
- Game consoles, sports balls, math symbols or musical notes etc. for activities you like
- Friendship bracelets representing you and your friends
- Plants and animals or somewhere outside where it's nice to be in nature
- Buildings where you meet with others or a place of worship
- Vehicles that take you to important places such as that bus or a train to meet with family, a day out or a fun trip you took with family or friends, or somewhere you feel completely relaxed such as a special walk or park.

More resources
from Children's Mental
Health Week

You can use any materials such as paper, card, paint, crayons, pastels, coloured pens, or pencils. You could also use recycled paper (from magazines or newspapers), scissors, glue, string, tape, etc. ANYTHING that will help your children complete their maps.

Thank you so much for your support of this exciting week.

Kind regards,

Mrs Kandola
English and PSHE Lead