



St. Paul's
C.E. Primary School
Learning Together

10th May 2021

Dear Parents and Carers,

Following the success of the Children's Positive Mental Health Day we held in February, this week (10th – 16th May) we will be celebrating Mental Health Awareness Week 2021 at St. Paul's C. E. Primary School. During the week, we will be raising the profile of positive mental health through a variety of exciting activities.

All the children in school will be taking part in extra art sessions linked to the theme of 'POSITIVITREES', promoting nature and the outside. The art work created will be used to decorate the trees and the outside areas around the school grounds to enable everyone to enjoy them. We have an artist visiting school this week who will work with children in Year 4 and above, and Miss Moreton will be working with children up to Year 3.

In addition to the art activities, our pupils will be planting flowers, taking part in extra PE lessons outside and accessing additional music sessions to create and listen to music inspired by nature. Teachers will also be planning extra activities linked to the awareness of mental health and well-being in class.

We really hope that your child enjoys the additional learning opportunities throughout the week and we are looking forward to sharing and enjoying their creations with the whole school community.

If you would like to know more about Mental Health Awareness Week, please follow this link: <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

As parents and carers, you play a very important role in your child's mental health and well-being. The links below provide information and activities for you to access at home if you wish:

<https://youngminds.org.uk/>
<https://www.place2be.org.uk/>
<https://www.kooth.com/>
<http://www.papyrus-uk.org/>
<https://www.kidscape.org.uk/>
<https://cypmhc.org.uk/>

Thank you for your continued support.

Yours sincerely,
Mrs C Palmer
Headteacher

Headteacher: Mrs C Palmer

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