

19th January 2024

Dear Parents/Guardians

**Re: Activities for Children's Mental Health Awareness Week 5th to 9th February 2024**

Positive mental health is something that is extremely important to us at Prince Albert Primary and we continually strive to ensure that our pupils are happy and have strategies to manage their feelings. Although we have many things in place to develop pupils' resilience and wellbeing, we like to embrace national events that highlight the importance and promotes awareness of this issue.

During this important week, pupils will be taking part in some activities during assemblies and lunchtimes to promote and support children's positive mental health. Please look out for any information your children may be bringing home with them so they can get involved fully.

If you would like more information on the theme of this week, please use the link below to view the ivideo which explains this:

<https://youtu.be/G1gvP09JLm0>



There are a lot of resources and information on their website which would be useful to help you get as involved as you'd like to be.

The website address is: [About - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)

You will also find all the information about what we are planning to ask children to complete at home at the following link:

[What matters to you? Activity for 4-11 year olds \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)

There is an ivideo at the following link that will explain the activity in detail:

[What matters to you? | Creative activity for 4-11 year olds | Children's Mental Health Week 2024 \(youtube.com\)](https://www.youtube.com/watch?v=...)



We look forward to working together with yourselves and the children to create a welcoming environment where all children feel able to talk freely and feel safe.

Remember to look out for any information your children will be bringing home for this week.

Mrs Patel  
Head of School