



Kidmore End CE Primary School



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2nd February 2022

Dear Parents and Carers

Children's Mental Health Week 7th -11th February 2022

Next week the school will be promoting Children's Mental Health Week.

The theme of this year's Children's Mental Health Week is Growing Together.

Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential.

Throughout the week we be will undertaking a range of exciting activities including creating a wonderful whole school mural. With the support of an external Artist, Tamilya Reeves (www.madebytamilya.co.uk), the children will contribute through art and their own creative challenge to help create the mural. I would also like to thank KESA for providing the funds for this initiative in which every child will be involved. On Friday 11th February, the mural will be unveiled and the children will be able to celebrate our whole school project together.

Throughout the week, there will also be a range of activities. These activities are summarised in the table on the next page along with details of what your child will need.

The activities are subject to change due to any staffing issues i.e. Covid, and the weather!

We ask children to wear their PE kits all week and to have warm clothing and wellingtons in school for their outdoor activities. Children will have the opportunity throughout the week to continue with Maths and English also.

Children should also bring in a paint shirt (an old over-sized shirt or tee-shirt) as well, as they will be doing painting.

I have included a separate letter below regarding our fundraiser day on Friday 11th February where we ask all children to wear a scarf. (The children should continue to wear their PE kit on this day.) The second letter also includes information for parents regarding activities to do at home.

On Friday, we will be having a wonderful outdoor picnic at lunchtime where we will be asking our Year 5 and Year 6 children in their Teams (Saturn, Neptune, Mars and Jupiter) to sit with their younger children and create some games to play on their picnic blankets. Children can have a packed lunch from home or have a pasta pot from the kitchen but the aim is for all children in their 'Planet Teams' to come together to have lunch together on the school field. The children will need to have a warm clothing and we ask that if you have a picnic blanket for your child to bring this in. Please ensure the picnic blanket is clearly labelled with the child's name or family name. Please note that Fish and Chips will be served on Tuesday next week as change to the school dinner menu.

Activities for Children's Mental Health Week 7th -11th February

Activity	Day	Notes for parents
Walk in the Woods and Outdoor Activities	Monday morning –YR*, Y1* and Y2 Wed afternoon – Y5 and Y6 Thu afternoon – Y3 and Y4	*Mrs Smith and Mrs Hinnell will be asking for one or two parental volunteers. Children can bring in wellingtons.
CORAM Scarf – Mental Health week activities	Monday afternoon (all classes)	
Year 5 and Year 6 Active Leaders organise and lead active challenges for the children	Mon – Year 3 and Year 4 Thu – Year R, 1 and 2	Children should wear their PE kit
Tamilia Reeves inspiring the children (30 minutes in each class)	Tuesday – all classes	Children to bring in a paint shirt ie old shirt
Children to work with their teacher on their creative challenge	Wednesday and Thursday- throughout different points of the day	Children to bring in a paint shirt ie old shirt
Assemblies	Monday – Mental Health Week Wednesday – Mindfulness and Yoga Friday – Mural Celebration & Blessing	
Year 2 'Love Rocks' – with Ms Page. Painting activity.	Wednesday afternoon.	Children to bring in a paint shirt ie old shirt
River Trip – Year 4	Friday morning	Please see ParentMail PMX form sent Tuesday 1 st Feb – re details for trip
Charity Day – Wear a scarf (Donating – Young Minds)	Friday	Children to bring in a donation of £1-£2
Whole School Picnic –Planet Teams Year 5 and Year 6 to plan and lead activities for the younger children	Friday lunch 12.15-1.15	Children can have packed lunch from home or a school dinner (Pasta Pot). Please bring in a picnic blanket if you have one (clearly labelled). Children can bring in wellingtons.

Please note that we hope all clubs will be back to normal next week.

We hope that the children will enjoy the week and come together to participate in these activities.

Yours sincerely



Mr Andrew Griffin
Headteacher

Wear your scarf
to school day
11th Feb 2022



Wear your Scarf to School day – 11th February 2022

Dear Parent/Carer,

The week beginning Monday 7th February is **Children's Mental Health Week**.

We'll be doing some special activities during this week to help children keep mentally well, using resources provided to us by Coram Life Education SCARF and on **Friday 11th February**, to mark the end of this week, we'll be holding a special *Wear your Scarf to School day*.

SCARF is a big part of our health and wellbeing/PSHE curriculum where we learn about all the things we can do to keep ourselves physically and mentally healthy.

On *Wear your SCARF to school Day* children are invited to wear a special or favourite scarf all day in school. We'll be doing some special activities to help us remember and celebrate SCARF's important values of Safety, Caring Achievement, Resilience and Friendship.

We'll also be using the day to raise funds for **Young Minds Charity**. <https://www.youngminds.org.uk/>

To help with this we're asking for a donation of between **£1 - £2** on Friday 11th February.

You can also try these [activities to support children's emotional health](#) at home, provided by Coram Life Education SCARF, during the week.

Coram Life Education SCARF is a children's health and wellbeing organisation that works throughout the UK to provide high-quality PSHE education for primary-age children. You can find out more about Coram Life Education by visiting their website www.coramlifeeducation.org.uk and about their [SCARF PSHE resources here](#).

Thank you for your support with this important part of your child's education.

Yours sincerely

A handwritten signature in blue ink, appearing to read 'A Griffin'.

Andrew Griffin
Headteacher