


## Mental Health Week 9<sup>th</sup> – 15<sup>th</sup> May 2022



On **Friday 13<sup>th</sup> May** we will be hosting a mental health awareness day which will provide a good opportunity for class teachers to promote positive mental health with all pupils. We are using the NHS 5 ways to wellbeing to support our teaching: Keep active, take notice, connect, keep learning and give. More information can be found by clicking on this link.

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>.

Below is an overview of activities that your child will take part in.

Keep Active	Bring your scooter to school day.
Take Notice	PSHE – If you notice that someone is lonely. What can you do to help?
Connect	Book Sharing with a buddy from a different year group.
Keep Learning	PSHE What is Loneliness? How to deal with loneliness and developing friendships, as well as enjoying time on your own.
Give	To know that compliments are positive words that can make us feel better about ourselves. 



As a way of promoting ways to Keep Active we would like to invite all children to bring their scooter to school for a fun session on the playground. If your child does not own a scooter, they will still be invited outside to participate in some physical activity or share a scooter with a friend.

It would be helpful if you could attach a label to your scooter so that we can match the scooters to their rightful owner at the end of the day. If you would like your child to wear a safety helmet whilst scootering, then please feel free to bring this to school too.

All classes will be given a designated area where their scooter will be stored safely until it is their session. Your child will be told this information next week.

*LDOWNES*

Miss Downes  
**Healthy Schools Co-ordinator**

